

# THE Harrier

The Magazine of Sale Harriers Manchester



TEAMWORK ASSURES SUCCESS



NATIONAL LEAGUE CHAMPIONS



RECORDING & CELEBRATING SUCCESS



# Welcome to *The Harrier*

## EDITORIAL

### Fechin Mc Cormick

Thank you for picking up a copy of this Sale Harrier magazine now in its 27th year since I launched it at the dawn of the technological era. As always, it aims to capture every (or almost!) significant individual and team achievement throughout the club's three sites in the past 12 months. As the producer I must keep a finger on every club

pulse in order for this magazine to be truly inclusive and consequently I feel privileged to have a wholly exceptional insight into almost every area of club life.

I hope Sale Harrier's membership value it and are impressed and surprised by the abundant success in its pages and feel more proud and more connected to your club as a result.

There's a mammoth amount of success to digest so don't try and read it all at once. Pick it up several times to have a true insight into the club's individual and team achievements over the past twelve months. Who could ever believe a club like Sale Harriers that receives not a penny subsidy and is completely voluntarily run should contribute so much to the lives, success and development of so many people of all ages, abilities, backgrounds and ethnicities. I'm sure not one among Trafford and

Manchester City Council's Sports Departments have any idea whatsoever of the massive contribution Sale Harriers makes to the health and well-being of its citizens and to enhancing Manchester's reputation as a sporting city.

Take a well deserved bow you coaches, administrators, officials and parents for it would be impossible without your help. The club thanks you whole-heartily for your time freely given, for your skills, experience and sacrifices. When I read of National and Regional nominations and the winners of England and Gtr. Manchester Sports Awards, I'm bewildered why your club and your athletes don't ever seem to nominate you for Coach of the Year, Inspiring Official, Club Volunteer etc.

Please don't throw this magazine away. When you've read it, keep it or return it to Sale Harrier's shelves. Please take copies for your school staff-rooms and sports departments, your gyms, leisure centres, surgeries and, of course, offer complimentary copies to our colleague clubs at National League, YDL and Northern League matches and BMC events. It's also an excellent promotional tool to place in your workplaces.

There's the question whether we should be producing a paper magazine in this digital age when we must have account of its carbon footprint. There's much to be said for the good old-fashioned paper version. It can be read crouched on the settee, in the car, in the bathroom; it can be picked up and left down; it's easily shared and enjoyed with friends and family. Those who read it receive an exceptional insight into the club's sporting wealth and success and it sells the club in a way an 'on-line' magazine could never achieve.

With three major senior championships back-to-back in 2022 - World & European Championships and the Birmingham Commonwealth Games it's been an exceptional year and Sale Harriers was in their midst.

At the World Athletic Championships, we had **AIMEE PRATT** smash the British record twice, **JONA EFOLOKO** win relay gold and **JOHN RODGERS** appointed the GB Team Doctor.

At the World Junior Championships in Colombia we had **SOPHIE ASHURST**, **LAZARUS BENJAMIN** and **SUCCESS EDUAN** represent GB and Sophie also appointed GB Team Captain and her dad a GB coach.



Still on the world stage, we had **GEORGIA TAYLOR-BROWN** become the World Super-League Triathlon Champion, **DAVE PROCTOR** the World Masters 1500m Champion, **OLIVIA GREEN** the World Modern Pentathlon Gold medalist and **LOUISE WHITTAKER** the World Aquathlon silver medalist.



On the European stage, you'll read that Sale Harriers had six athletes compete in the European Athletic Championships with **JONA EFOLOKO** again winning relay gold; **NIGEL MARTIN** won GB Team Gold at the IAU European 50k Championships, **DAVE PROCTOR** represented GB Masters in the European Indoor 3000m Championships, **OONAGH MCMANUS**, still only 12 years old and competing in the U15 age category, represented GB at the European Biathlon Championships and won individual bronze and team gold medals. At the same Championships **KATHY WELLAM** also won L40 silver and GB Relay Silver. Kathy and



**MATT BARNES** represented GB at the European Age Group Sprint Triathlon Championships with Matt winning the M45 silver medal.

At the Commonwealth Games in Birmingham, the club had five athletes represent their nations with **GEORGIA TAYLOR BROWN** winning Triathlon Gold and Silver and **JONA EFOLOKO** the GB Team Relay Gold and the club had a further five centrally involved with important responsibilities as top-class officials.



On the domestic front, you'll read on almost every page individuals who've had the honour of representing their nation in numerous internationals and championships and dozens more who've become National and Regional Champions, British Masters Champions, England Schools Champions and medallists, UK Schools Games Champions etc. It's impossible to mention all of them but **SUCCESS EDUAN**, **THEA BROWN**, **OSCAR SCHOFIELD** and **ANNABEL AMADIN** stand out as beacons above all others and on the younger end there's

**OONAGH MCMANUS**. You'll read their many great successes again and again throughout these pages. You'll also read that about 75% of the club pushed back the frontiers of their physical and mental capacity sometimes even beyond their own expectations, to discover unfathomed depths of potential with lifetime best performances. That's the stuff of sport! Long live sport!

Twelve club records were also broken throughout 2022, no mean feat especially that some had stood for decades and improving them is certainly a tribute to immense talent.

**THEA BROWN**, for example broke four!



On the team front, the year's highlight was undoubtedly Sale Harrier's return to Premiership athletics for the first time in a decade when it won the National League's Championship Cup Final in Bedford. All stops out next year, guys, to ensure the club's consolidates it's position in top flight domestic athletics.



## "UNLOCK YOUR POTENTIAL WITH HAFF AHMAD: ADAPTIVE TRAINING FOR DISABILITY ATHLETES"



### SHOUT OUT FOR HAFEEZ

Haff Ahmad, a dynamic coach of Sale Harriers and a passionate disability athlete, knows precisely what it takes to live with Cerebral Palsy. After years of determined work, he's become an established specialist in the disability field, helping countless individuals around Manchester reach their true potential – no matter their physical or mental handicaps.

Whether you're registering for T37/F37 classes or representing your club in the long jump at Trafford Open Meetings, Haff can offer you the assurance and know-how needed to stay active and pursue success.

Throughout his career, he has obtained numerous awards and medals, including a bronze medal at Gtr. Manchester T & F Championships and 1st place in the long jump category at the Lancashire County Championships.

If you have a disability located in the Northwest region, don't hesitate to contact Haff at Sport City Manchester now! He'll provide you with customized training programs so you can start achieving your personal goals without worry. Let him take you on a journey towards success today.

Contact Haff at: [www.saleharriers.co.uk](http://www.saleharriers.co.uk)



The youth's sections and especially the girls shone brightest in the other regional and national leagues and championships, though the senior men did well to clinch silver medals in the Northern XC Championships and both the senior and veteran men and women virtually cleaned up in the MACCL cross-country league divisions.

Of course it's not all been sunshine and roses and you'll periodically read of team manager's frustration at the poor co-operation they receive from athletes and coaches and consequently the club not achieving its potential. Every athlete and coach has the responsibility to find a balance between their personal ambition and their commitment to their club's priorities, with personal ambition not always the priority! Finally, this magazine would be impossible without several important people. Thanks to **BARRY MC MANUS** who again has laid out the pages graphically and overseen the printing. Hasn't he done a fantastic job?

The club also thanks the club's Barcelona (1992) and Atlanta (1996) middle distance Olympian **KEVIN MC KAY** who was instrumental in me starting this magazine twenty-seven years ago and has supported it ever since. Then there are the very generous photographers without whom this magazine would be so much less interesting. Thank you to **MIKE HALL PHOTOGRAPHY**, **KIRSTY EDGSON**, **MARK SHEARMAN**, **DARKSTAR PHOTOS**, **ADRIAN ROYLE**, **PETER BROWN**, **JON-PAUL KEARNS**, **STEVE BATESON**, **BRIAN TUOHEY**, **AMELIA BUNTON** (York City Ac), **JHM IMAGES** (Stevenage), several more and, of course to you countless club athletes and parents who've posted and submitted photos. Have a great read!

**FECHIN MC CORMICK**  
Writer/Editor/Producer.



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# MARCH / APRIL - 2022

## TRAFFORD 10K

For the club's endurance section, the 2022Trafford 10k launches this magazine and the 2023 race concludes it. Remember March 2022 that saw amazing new course records by **KADAR OMAR** (28.28) and **JESS JUDD** and there were PB's galore. The high quality field and perfect conditions pushed 21 runners under 30 minutes and 80 under 32 minutes. Among the incredible day for personal bests virtually all 30 Sale Harriers got their 2022 season off to a perfect start with PB's galore that for most they were also their fastest of 2022.

### Those who recorded pb's that were also their best 10k of '22

<b>DANIEL GRAY</b> 30.58	<b>JOE GODWOOD</b> 31.36	<b>ALEX BRADFORD</b> 32.49
<b>TOM STEPHENSON</b> 33.27	<b>OLIVER LEE</b> 33.53	<b>KYLE FAIRCLOUGH</b> 34.28
<b>ALICE WRIGHT</b> 35.24	<b>ROB FAIRBANKS</b> 36.17	<b>MARK JOHNSON</b> 36.31
<b>TORRIN BLAZEY</b> 37.29	<b>ROBERT HEGGS</b> 38.17	<b>NATHAN CAMERON</b> 38.28
<b>LUCY ARMITAGE</b> 39.09	<b>ANNE CHINYOY</b> 39.51	<b>HARRIER HAMILTON</b> 42.47
<b>SARAH GOULDEN</b> 43.49	<b>CHRIS WEBB</b> 44.31	<b>JULIA REYNOLDS</b> 47.45

### Those who recorded their fastest 10k of 2022

<b>MATT SPRAGG</b> 34.00 SB	<b>STEVEN HENDERSON</b> SB	<b>CONOR DONAGHY</b> 36.20 SB
<b>ALISTAIR KELL</b> 38.04 SB	<b>JACKIE CORDINGLEY</b> SB	<b>SARAH FERGUSON</b> 45.56 SB
<b>GEOFF BEATTIE</b> 51.28		

## WILMSLOW HALF MARATHON

As the Trafford 10k is renowned for producing fast times so equally is the Wilmslow Half Marathon a few weeks later and almost every Sale Harrier who ran the 2022 race through the beautiful Cheshire countryside produced either a pb or their fastest half-marathon of 2022.

### Those who ran PB's that also remained their fastest of 2022.

<b>ALEX BRADFORD</b> 75.14	<b>RACHEL ROZHDESTVENSKAYA</b> 83.19
<b>BEE CORDINGLEY</b> 86.00	<b>SAM FORSHAW</b> 1:39.39
<b>AMELIA LATHAM</b> 1:48.34	<b>IMONE FISHER</b> 1:50.50 (DEBUT)

### Those who ran their fastest half marathon of 2022

<b>ROBERT FAIRBANKS</b> 82.12	<b>LAURE BARBER</b> 85.08	<b>ANNE CHINYOY</b> 89.08
<b>SIMON LATHAM</b> 89.26	<b>RICHARD OUSEY</b> 98.38	<b>HECTOR CHINYOY</b> 99.22
<b>JOHN ARCHER</b> 1:43.45	<b>CAROLINE KINGHORN</b> 1:44.11	<b>CHRIS HEYS</b> 1:44.40
<b>JOHN MORRIS</b> 1:48.54	<b>HELEN REAGAN</b> 2:00.05	<b>MIKE WYMER</b> 2:12.33

## MEGAN DAVIES WINS £500

**MEGAN DAVIES** launched her 2022 with a series of great Spring races. At the Podium 5k she produced a huge 34 second PB for a new best of 16.00 minutes and was awarded an equally huge cheque of £500 for first female. Two weeks later she launched her track season at Watford's Open Graded Meeting with a magnificent 3000m PB of 9:09.28 that was a twenty seconds improvement on her best. Just a week after than she made her 5000m debut in Battersee Park with a time of 16:42.54.



## MANCHESTER ALIVE WITH MARATHONERS

**JONNY MELLOR** and **BECKY SPRIGGS** weren't the only two to run out of the skins in April's Manchester Marathon with commanding wins that smashed the England qualifying standard for the Birmingham Commonwealth Games and European championships but Sale Harriers also had a lot to shout about. As the ultimate test of endurance, everybody's performance is praiseworthy so plaudits go to all twenty-seven. Are you among the most notable top ten?

- NIGEL MARTIN'S** PB of 2:15.19 for 6th place improved his PB by three minutes over last year's Kew Garden's British Olympic Marathon. He also broke by 13 seconds the club's marathon record of 2:15.32 held by **MATT BOND** from the London Marathon of 2016.
- SONIA SAMUELS** was 1st L40 in 2:32.32 with one of the fastest L40 marathon performances of all time. It put her on top of her UK age-group marathon rankings. Her performance was further awesome in that she'd endured multiple bouts of illness following becoming a Mum and in the later stages of her marathon preparation got Covid. Sonia has represented GB in the marathon at the 2016 Rio Olympic Marathon, the 2018 European Championships and the 2018 Gold Coast Marathon and holds the club marathon record of 2:28.04 from Berlin in 2015.
- SOPHIE WOOD** made her marathon debut and massively surpassed her own expectations and was understandably thrilled to run 2:38.23. "I can't believe it" she said.
- TIM RAINEY** ran his 163rd marathon! That's awesome and surely a club record! Tim is an ultra-distance specialist and his 163rd marathon includes 58 ultra marathons.
- RANJIT BENNETT:** If marathons are character building then Ranjit is top of the list for exceptional resilience to finish at the other end of the 14000 field in 5:27.06.
- PETER SHIPLEY** (2:37.47) recorded the biggest of all club PB's. In great form throughout the year he knocked a massive twenty minutes off his 2017 Manchester Marathon and dipped under 2:40 for the first time.
- SIMON LATHAM** (3:03.26) was the 2nd biggest improver. He knocked 10 minutes off his 2021 London Marathon.
- JENNY FOX** was the 3rd biggest improver. She knocked a chunky seven minutes off last year's Manchester Marathon for a new best of 3:14.55.
- RACHEL ROZHDESTVENSKAYA** (3.00.38) was 4th as she improved by a full 5 minutes on her 2014 St. Petersburg (Russia) Marathon and, had it not been for that dreadful 'Wall' would have achieved her first sub 3-hour marathon.
- ALISTAIR KELL** for 'true grit' that braved it even after two surgeries on a torn calf and his 3:08.50 was still very close to his best.

Sale Harriers lined the 26 mile route and cheered their colleagues and many marshalled the course and raised valuable revenue for Sale Harriers.

## SCENIC PARIS MARATHON

On the same day as the Manchester Marathon, **EDDIE EDWARDS**, **AARON STEELE** and **HELEN CARTER** set off on the same 26.2 route through the most scenic parts of Paris. The weather had threatened snow but by the time the 35,757 runners lined up on the Sunday they had clear skies and ideal running conditions, though still cold.

M45 Richard 'Eddie' Edwards was first home in 2.51.51, pretty much half an hour faster than his last marathon in 2018. Aaron was over the moon with an 11 minute PB of 3.09.21. This was Aaron's last outing with Sale Harriers as he'd decided to return to his native Northern Ireland with his wife and family. L40 Helen Carter finished in 3.38.31, an eight minute improvement on her 2016 Paris Marathon. She was having a great year at that point with a 2:48:11 at the Trimpell 20 a few weeks earlier. All three celebrated around the sights of Paris afterwards.



## M70 JOHN ARCHER RUNS BOSTON

Congratulations to **JOHN ARCHER** who at the sprightly age of 70 travelled to the Boston Marathon and finished 2nd in his age category in 4:06 13. It was a lifetime ambition fulfilled! As part of his preparation he ran the Knighton '20' mile race and was 1st M70 in 2:46.53 a time that ranked him 6th in the UK.

## SUPER 'OVER THE BALES'

Sale Harrier's Primary section launched their Spring/Summer season on a high note with their annual, very successful races over hay bales at Crossford Bridge. In the six races, Sale had four team victories and **LUCY O'BRIEN** and her brother **LIAM** were individual winners.

The U11 girls won first and second team thanks to **GRACE HILL**, **HOLLY MC HUGH**, **ISABELLE CONNOLLY**, **MADDY APPLEBY**, **ROBIN HEYWOOD-WOOD** and **CAITHLIN WETERS**.

The U9 boys also recorded a great win. Well done to **TOBY HARRISON**, **DANIEL TOPPING** and **JOSH HOWELL**.

Of the 250 runners who competed 110 were Sale Harriers and overall Sale had 12 teams and 10 individuals finish in the top 3 placings and were awarded 46 plaques and medals.



## NORTHERN 12/6 ROAD RELAYS

The Northern 12/6 Stage Road Relay Championships are the first major club championship of the Spring, ideal for club's to flex their competitive muscles coming from the long hard winter. Historically, Sale Harriers aims to be competitive among its Northern colleagues in championship like this. Success in them brings club prestige and that attracts newcomers!

The senior men finished 7th from the thirty Northern teams! Team manager **JAMES BAILEY** put out a strong team that comprised **DANNY GRAY**, **NIGEL MARTIN**, **PHIL ROBERTSON**, **WILLIAM ONEK**, **JOE GOODWOOD**, **PAUL PETERS**, **DANIEL KASHI**, **TOM STEPHENSON**, **NICHOLAS TYNAN**, **NICHOLAS BARRY**, **BEN BRUNSWICH** and **MATTHEW BARNES**. Danny Gray was the club's fastest on the longer stages and Nigel Martin ran the day's fastest time on the short stage. Seventh was an improvement on 12th from pre-Covid 19 but it's not so many years ago Sale were regularly among the top five clubs and even were the Northern Champions. Leeds City AC, Salford Harriers & Hallamshire Harriers took the 2022 medals and continued to be the Northern top dogs

The unavailability of the club's top women who'd won the 2021 autumn Northern XC Relay Championships and did themselves so proud in the MACCL League etc, meant the section relied on younger, more inexperienced runners - **LAURA MARTIN**, **LUCY ARMITAGE**, **CHIARA YOUNG**, **LAURA BARBER**, **ANOUSKA BROOKS** and **CHARLOTTE LORD**. They finished 16th from the 27 competing teams. Vale Royal AC, Hallamshire Harriers and Salford H & AC took the accolades. Neighbours Salford H & AC went on to become the National Champions!

The Northern championship incorporates an U15 & U17 5k road championship for boys and girls. Sale Harriers had no teams entered but a massive congratulations to **OSCAR SCHOFIELD** who became the Northern U15 Champion. On top of his best ever 2021, he continues to emerge as one of the North's very exciting runners.

## NATIONAL 12/6 ROAD RELAY CHAMPIONSHIPS

Two weeks after the 'Northern's' were the National 12/6 Championships. **JAMES BAILEY** turned out a rather different team with seven of the twelve debutants to this major cauldron - **ROBBIE RIGBY**, **ALEX BRADFORD**, **PHIL ROBERTSON**, **JOHN FAULKNER**, **SAM ASPINWALL**, **OLIVER BARTLETT** and **OLIVER HIGBY**. From the sixty National teams Sale finished it's lowest ever in 33rd place - an unenviable record for the 2nd consecutive year! Southern clubs - Tonbridge, Highgate and Bedford & County AC took a clean sweep of the medals.

Sale's women had no team yet again in this major National Championship. For over a decade they've not fared well in either the 6 or the 12-stage Northern and National Championships. Come on, girls - next year!

## KIRSTY LAW NEW SCOTTISH RECORD

At the beginning of April, **KIRSTY LAW** set a new W35 Scottish Discus record of 59.64m that was another qualifying standard for the Birmingham Commonwealth Games in July. Readers will recall how she broke the 60m barrier for the first time at the 2021 NAL match in Wavertree.



## HANNAH BLOOD SMASHES 60m

Competing in Monroe, Los Angeles, **HANNAH BLOOD** broke through the 60m barrier for the first time with an inspired hammer throw of 60.74m. This was a massive leap forward from her previous best of 58.46m and propelled her to 3rd in the U23 National rankings. Hannah is on a USA Collegiate scholarship. Congratulations, Hannah.



AC, their aim was to reach and win the Northern Final in July and qualify for the National Final at Sportcity in September. At the helm **SARAH JAMES** (Boy's) and **KIRSTY EDGSON** (Girl's) were team managers with Kirsty making her managerial debut.

The first match at Wavertree was a close tie with Trafford AC in which Sale came a close second, a good enough result to be on track for the Regional Final. "Every single point counted, so an extra big shout out to those who filled 'gaps' said both team managers. "It just goes to show how important it is to have athletes in as many events as possible. With just a couple more events filled, we would have won the match"

It was a day of memorable highpoints especially **AKIRA EDGSON** who smashed her 1500m PB by a massive nine seconds to 4:47 whilst also scoring maximum team points. She demonstrated how possible it is in these matches to achieve PB's and win important team points.



**BMAF ROAD RELAY SILVER FOR LOUISE, HELEN, ANNE & HARRIET**

At the end of April, L35 **LOUISE WHITTAKER, HELEN ARMITAGE, ANNE CHINOY** and **HARRIET HAMILTON** won brilliant L35 silver medals at the BMAF Road Relay Championships at Sutton Coalfield. This was their section's best ever result.

Louise threw down the gauntlet as she brilliantly did some months earlier at the BMAF XC Relays when the section just missed out on bronze medals, She zipped round the course for the 4th fastest time of the day. Helen, Anne and Harriet maintained the high standard to bring home the silver medals. They finished just 58 seconds behind Gold medallists Cheshire Dragons. This championship annually brings together running legends of the past. Chorlton Runners were the men's M35 Champions.



**NORTHERN T & F LEAGUE LAUNCH**

The club launched its summer campaign of four matches in the Northern T & F League (West Premier Division) with **JACK FROST** (men) and **DAVE MARSH** (women) at the helm. Their aim was to become the Northern Premier League champions, despite the demands on a relatively small pool of people also competing in the National Athletic League.

The league's competing clubs were Blackburn H & AC, Preston H, Team Isle of Man, West Cheshire AC and Wigan & District H & AC. The first match was held at Stanney Oakes track. Sale finished 3rd – just 14 points short of victory and would have won had the match had it not been for the shortage of specialist athletes in jumps, hurdles and throws, a problem facing almost every club to some degree. As a result, the club had hardly any athletes in most of its 'B' technical events - male and female. However Sale is far from short of middle distance and endurance runners so the question is why only three - **OLIVIA RUSSELL, NIGEL MARTIN** and **NICK TYNAN** turned out? With no male representative in the 'B' 1500m or 3000mS/C and Olivia the only middle-distance female athlete for the six 'A' and 'B' 800m, 1500m and 3000m races, Sale lost massively on points that would have won the match.

The day's three biggest points men scorers were **JOSH MOULAND, KAMEL BENISSAD** and **NIGEL MARTIN** and for the women they were **HERMIONE MASON, REGAN WALKER** and **ELISE FRANCIS-FRYER**.

**KINGSLEY NIGHT OF PB'S**

Sixteen Sale Harriers were on the start line of April's Mid-Cheshire 5k that attracts 'em from near and far. 27 men broke 15 minutes and 9 women broke 17 minutes! The first Sale Harrier home was Vet-40 **MATT BARNES** in 63rd place in 15.37 and **ALICE WRIGHT** was the club's 1st female with a 30 second PB of 17.15. All but four recorded lifetime best performances – impressive!

- PHIL RICHARDSON (15.47)**
- OLIVER LEE (15.59)**
- ROBBIE RIGBY (16.05)**
- MAX. KIDD-ROSSITER (16.31)**
- KYLE FAIRCLOUGH (16.50)**
- LUCY ARMITAGE (17.28)**
- BEE CORDINGLEY (17.34)**
- LAURA BARBER (18.28)**
- LAURA MARTIN (19.11)**
- GEOFF BEATTIE (24.42)**



- HIS FIRST EVER SUB 16 MINUTES DEBUT 10K. FOREVER REMEMBERED! TWO MINUTE PB**
- TEN SECOND PB**
- FIRST EVER SUB 17 MINUTES**
- FIRST EVER SUB 18 MINUTES**
- THREE MINUTE PB**
- FIRST TIME UNDER 19 MINUTES**
- FIRST TIME UNDER 20 MINUTES**
- BEST OF 2022**

**MAY 2022**

**RACHAEL BREAKS WORLD RECORD**

**RACHAEL ROZHDESTVENSKAYA** broke the Guinness World Record in the Alderley Edge Bypass 10k by running the fastest 10k pushing her baby in a pram. She beat the previous time of 40.04 to cross the line in 39:24....and her baby slept throughout. She said, "After I gave birth to my daughter, I started to run with her and I realised I could keep quite a good pace. My 10k times without a buggy are around 38 minutes so I knew there might be a chance we could achieve it. Achieving this Guinness World Record is the absolute highlight of my running 'career' and I would love to be an inspiration to other mums who may want to take up buggy running too."

Whilst Rachael broke her world record **OLIVER HIGBY** recorded a PB of 38.51 that ensued to be his fastest of 2022.

**SALE LAUNCHES N.A.I. CAMPAIGN**

On May 7th **JAMES BAILEY, DAVE MARSH** and **LUCY EVANS** launched the 2022 National Athletic League (Championship Division) campaign. The objective? To return the club to premier division athletics for the first time in a decade. Over three preliminary rounds, eight teams would compete at two matches on a round-robin basis with the winners qualifying for the Finals at Bedford in August.

This first match was in Kingston-on-Thames and so an exhausting five hour journey (and an expensive overnight stay for the club). **JAMES BAILEY** and **DAVE MARSH** heroically drove two minibuses, **FRANK CORDINGLEY** drove his car to take T & F officials **FECHIN MC CORMICK** and **AYO SHONIBARE** and others also travelled the long distance by car. Sale finished a solid 3rd, nicely set up for the next home match at Sportcity in June. The outstanding memories were:

- **JORDAN BROOME** (100m) and **DANIEL AFOLABI** (100M) were rated two of the top ten best performances of the meeting.
  - **NATHAN BOOTH** represented the club in five events – 400mH, Discus, Hammer, Javelin and 3000m S/C. Not by any means a steeplechaser, he was lapped at least twice and AW legend photographer Mark Sherman was so impressed by his efforts he took photos of him.
  - Hammer throwers **RACHEL MACLENNAN** and **RACHEL PUGH**, in the spirit of the 1987 film 'Planes, Trains and Auto mobiles', travelled from Inverness first by train from Inverness to Aberdeen, then a flight to Gatwick and then a hired car to Kingston. Rachel recorded a fantastic PB on her club debut.
  - **DAVE MARSH** who drove one of the minibuses, team managed throughout the day and competed in the 800m, 1500m and 5000m races .....leading by example!
  - T & F Official **FRANK CORDINGLEY** officiating on the hammer, witnessed Charlotte Payne's (Reading AC) awesome throw of over 67m that was a new British record for an U23 deaf athlete.
- For this match the competing clubs were Crawley AC, Enfield & Haringey AC, Herne Hill H., Kingston & Poly AC, Reading, Tonbridge AC and Wigan & district H, all southern clubs except Wigan.

**SALE LAUNCHES Y.D.L (Lower) CAMPAIGN**

The club's U13 and U15 boys and girls launched their 2022 YDL (Lower) campaign (Premier West Division) at the Oval in Bebington. Pre-Covid-19 this section were the North-West Premier Division Champions, North of England Champions and National YDL Champions. In recent years they've won eleven Northern and three National titles. Team manager **CARL WORTHINGTON** had it all to do alone managing both the boy's and girls... and typically he did it brilliantly!

Some of the day's fantastic PB's turned out to be their best of 2022. **DANIEL OAKES** ran a fantastic 1200m for a PB of 3:40.10 that ranked him 6th in the UK, 13th on the all time U13 rankings and was also a club record. Other PB's were **ISABELLE AUDEN'S** 800m (2:49.69), **ELEANOR ROURKE** Discus (20.02m), **MATTHEW CULLEN-BROWN** 1500m (5.18.24), **JOSHUA DOYLE LJ** (4.42m), **MATTHEW CULLEN-BROWN** 1500 (5.18.24) and **JAMES O' BRIEN** 300 (40.16 YDL).

The club's small pool of club T & F Officials particularly rallied! That weekend the club was stretched to also providing T & F Officials for its NAL match in Kingston-on-Thames. A very special thanks to **AYODELE SHONABARE** who somehow managed to turn out as a club official for both matches. The club desperately needs T & F Officials. You reading this can you think seriously about it?

**AIMEE PRATT GOES SUB NINE**

In mid-May, Olympian **AIMEE PRATT** further improved her 3000m PB to a new best of 8:59.57 and dipped under 9 minutes for the first time. Her time was just 2 seconds off Kath Carter's club record held since 1984! Aimee's summer targets to medal at August's European Championships in Munich, to reach the final of the World Championships in Oregon and to reach the final of the Birmingham Commonwealth Games.



**EASTER WEEKEND AT NEWLANDS**

Now in its thirteenth year, in mid-April, a number of the senior endurance section and their families had their annual long fun weekend in the Newlands Adventure Centre near Keswick. **CARLA OUSEY** describes the adventure, "Like any great homecoming, reassuringly little had changed on our return to the Lake District for the Endurance section's Easter Training weekend. After a two-year hiatus, the epic Newlands Valley stood unmoved by Covid and at the Adventure Centre it was activity- business as usual. A few last-minute casualties were left behind self-isolating in Manchester, but we were all pleased to see Paul and Caroline, bleary-eyed from their South African adventure. 'Don't worry!' said the ever-stoical Mrs. Barrett, 'I've had an hour's sleep.'

What would a trip home be without some baking? This year's bake-off invited entrants to contribute 'interestingly decorated cakes'. Forget the running, it is always this competition that blows my socks off! Master baker **ANNE CHINOY** took this year's crown, after nailing the marginal gains over years, like the true competitor she is. Her 'pigs bathing in mud' both looked and tasted incredible. On the theme of chocolate, Easter was celebrated in style with an Easter egg orienteering challenge that kept the kids, big and small, occupied on Sunday afternoon. Aidan's river-crossing challenge to lay hands on one of the eggs deterred few! The usual rounders and Sunday night BBQ and quiz continued the fun for all, not forgetting the Human Hungry Hippos with Lucy and Eliza retaining their titles as the hungriest. **GLENN SAVAGE'S** acoustic entertainment on Saturday evening has become a wonderful fixture of the weekend: how great it was to enjoy his renditions of Harriers' running exploits once again.

Oh, and the running...yes, there was plenty of that. Some went high; some went low. Well done to **CAMERON GREEN** for effortlessly destroying all his seniors in the handicap and unfortunately reminding us that age and genetics rather than hard work alone may play some role in athletic achievement!

Paul has firmly established Newlands as Sale Harriers' favourite training destination beyond Crossford for over 13 years. With 65 of us making it this year, ranging from the adorable Cece at 6 months to some long-term heroes, it will continue to be a home for all.

**OONAGH MCMANUS TO REPRESENT GB & NI**

U13 **OONAGH MCMANUS** was selected to represent GB & NI at the European Biathlon Championships in Marathon Greece 6-9th October. In her first ever Biathlon competition, held at Cheltenham Lido in late April, she finished 5th in the continuous run/swim/run competition. This was astonishing because with her birthday not until October and still only 12 she had to compete in the U15 category.

Oonagh is an exciting young runner who ranks 5th in the UK on the track over 1200m and is a key member of Sale Harrier's teams on roads and cross-country. "She's also a very good swimmer" said her dad, "and the two complement each other very well".

**GB CALL-UP FOR NIGEL MARTIN**

April ended on a high for **NIGEL MARTIN** who received the long overdue and well-deserved news he was to make his GB & NI debut as one of eleven athletes to represent GB & NI at the inaugural IAU (International Association of Ultrarunners) 50km European championships in Avila, Spain on 8th October. Nigel achieved automatic selection following his 2:15.29 PB and club record in the Manchester Marathon.

**LAUNCH OF YDL (Upper)**

On the April weekend that Tyson Fury defended his heavyweight world title for the second time in front of 94,000 fans at Wembley, the club's U15 and U17 section donned their boxing gloves for their summer campaign of the YDL (Upper). Competing in the North Premier West Division against Liverpool H & AC, North Wales, Preston Harriers and Trafford



### AIMEE PRATT SMASHES BRITISH RECORD

Just three days after she broke her 3000m PB and dipped under nine minutes for the first time, Tokyo Olympian **AIMEE PRATT** broke the British 2000m steeplechase record at the Birmingham University BMC Grand Prix improving it to 6:08.14. She also smashed her own PB by 10 seconds to record the 10th best on the world all-time lists. For her efforts she was presented with a £1500 cheque.

At the same BMC meeting fast improving **AKIRA EDGSON** was 'on fire' to run her 1500m in an 11 second PB and to record an ESAA Schools qualifier of 4:36 by 6 seconds and a National standard time! **MEGAN DAVIES** also recorded a fantastic 1500m PB of 4:19.49 in her first 1500m race for two years. **NAJIB HASSAN** also recorded a PB of 3:47.05 and **ADEMIWA OLADITI** an 800m PB of 1:51.81.

### BEST AT CHRISTLETON 5k

The Christleton 5k run through picturesque Cheshire countryside had seven Sale Harriers take part. The race will also be remembered by **PETER SHIPLEY** (A PB of 16.23 & fastest of '22), **MATT SPRAGG** (16.26 A PB & fastest of '22) and **ROBERT FAIRBANKS** (A PB of 17.47) **KALLY BOSHNAKOVA** (A PB of 20.21 & best of 2022) and **SOPHIE ARMITAGE** (a PB of 21.21 & best of '22) Sophie, making her 5k debut, won the 1st U20 prize and her Mum won the L40 award.

### NIGEL MARTIN GOES SUB-30 AGAIN!

**NIGEL MARTIN**, in the Night of the 10,000 PB's at the Highgate track in London, clocked a very credible 29.13 in his world class 'A' race. This was especially impressive just 6 weeks after his 2:15.19 in the Manchester Marathon (and a club record). He said, "It was a privilege to be part of the 'A' race. I was definitely out of my comfort zone in such a stacked race so soon after my marathon, but having spectated it for several years there's no way I could turn it down! I managed to stick with a good group and felt pretty comfortable ticking off 70s laps after things settled down from the quick start."

### SUPERB ELLISE FRYER-FRANCIS IN COMBINED EVENTS CHAMPIONSHIPS

Multi-talented **ELLISE FRYER-FRANCIS** finished an excellent 6th in her first year as an U20 at the England Athletics Combined Events Championships with a Heptathlon score of 4274. She competed among the nation's top-class athletes that included several internationals. She also produced lifetime best performances in the 200m (27.55), 800m (2:32.68) and Shot (11.14).

### TWENTY-ONE Gtr. MANCHESTER CHAMPIONS

Sale Harriers had 21 Gtr. Manchester Champions, 19 silver medallists and 12 bronze medallists at the Gtr. Manchester T & F Championships at Longford Park in mid May. Many also recorded fantastic PB's - like **IMOGEN HILL'S** 2:23.98 in winning the 800m silver medal and **IZZY HALL'S** 4:52.88 in winning the 1500m silver medal.

#### 2022 Gtr Manchester Champions:-

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| MARCUS Mc LEAN - U20 200m        | THEA BROWN - U17 200m             |
| BEATRIX SOPER - U13 1200m        | ISABELLE BURKE - U20 800m         |
| NIAMH DOLAN - U15 75mH           | ELLA SALIH - U20 100mH            |
| ALEX PARKINSON - U20 100mH       | MIA GIBBONS - Senior 400m         |
| LUCY ARMITAGE - U20 1500m        | JASON DANKYI - Senior Triple jump |
| MELISSA BOOTH - U20 Triple jump  | MARTINS JUNIOR - U17 High Jump    |
| LILY OLDALE - U15 Javelin        | JASMINE RICHARDSON - U20 Hammer   |
| ANNABEL AMADIN - U17 Shot        | ELLA SALIH - U20 Javelin          |
| SHONA WILKINSON - U17 Pole Vault | RUARI Mc DONALD - U20 Pole vault  |
| ELLIE WOLFENDEN - U20 Pole vault | SHAUNNA THOMPSON - Senior Shot    |
| SAM DEAN - Senior Javelin        |                                   |

### FOURTEEN CHESHIRE CHAMPIONS

Sale Harriers had an excellent 14 Cheshire Champions, 6 silver medallists and 5 bronze medallists at the Cheshire T & F Championships at Macclesfield. Several also became multi-champions and multi-medallists and again there was a host of lifetime best performances.

#### CHAMPIONS

- SCARLETT WHITTAKER - U23 100MH  
 SCARLETT WHITTAKER - U23 JAVELIN  
 DANIEL OAKES - U13 800M  
 ELLISE FRYER-FRANCIS - U20 JAVELIN  
 ELLISE FRYER-FRANCIS - U20 HJ  
 SEREN REDFERN - U17 80MH  
 STEPHANIE JONES - U20 LONG JUMP

#### SILVER

- THEO DANQUAH - U20 100M  
 SEREN REDFERN - U17 80MH  
 DANIEL OAKES - U13 HIGH JUMP

#### BRONZE

- SEREN REDFERN - U17 300M  
 LIAM O'BRIEN U15 - 80MH  
 ELLISE FRYER-FRANCIS - U20100MH

- SCARLETT WHITTAKER - U23 LONG JUMP  
 MARCEL HODGE - T20 LONG JUMP  
 DANIEL OAKES - U13 1500  
 ELLISE FRYER-FRANCIS - U23 100MH  
 HALEX LEADBEATER - U17 200M  
 HERMIONE MASON - U20 400M  
 STEPHANIE JONES - U20 SHOT

- THEO DANQUAH - U20 200M  
 SEREN REDFERN - U17 JAVELIN  
 DANIEL OAKES - U13 SHOT

- SEREN REDFERN - U17 LONG JUMP  
 JOEL DANQUAH - U17 100M

### HEROIC IN CALDERDALE RELAYS

Following a hiatus of two years, the senior men returned to the hills of Halifax to compete in the 2022 Calderdale Way Relay. The Club entered four teams, resulting in an opportunity for 48 runners. The relay is a 52-mile circular loop round Halifax broken into six stages varying between 5-11 miles. After a month of planning the event day came with Stage 1 runners lining up in typical overcast Yorkshire skies. Everyone got round in one piece with only a few minor navigational issues- (Jon Smalley!) and there was a large crowd to see all teams finish in the spring sunshine at Spring Hall Athletics Track. All four teams performed heroically with the A team 9th and the B, C and D teams finished in 13th, 34th and 49th among the 88 teams.

Afterwards over 50 people crammed into Pizza Ammore in Sale to celebrate the successful day.

### DANIEL GRAY REPRESENTS ENGLAND MASTERS



In his latest career pinnacle, M35 **DANIEL GRAY** represented England Masters at the Chester Half Marathon. Coached by Norman Poole at the Wythenshawe Park track, he'd run the 2021 Manchester Half Marathon which was a qualifier for the Master's team. He finished 10th and 2nd V35 and dipped under 70 minutes for the first time to record 69.42. That qualified him!

He represented England Masters in the Chester HM on its 40th anniversary and finished 8th and 6th Vet-35 among the 5000 finishers in a time of 70.48. "I was very excited to qualify and never thought it was possible. Being coached by Norman Poole and working with the group down at the Wythenshawe track has brought me results I'm still surprised I've actually achieved."

The Chester HM boasts a lively city centre start and finish, with a route that takes in all the city centre sights, surrounding picturesque countryside and all the enthusiasm you could ask for from the Cestrian supporters who line the course.

### OLIVIA BROWN & LUCY ARMITAGE FEATURE IN MENTAL HEALTH FILM

In mid-May **OLIVIA BROWN** and **LUCY ARMITAGE** featured in a short film about running and mental health. In it Mhairi Madennan (athlete), Andi Drake (coach), Casper Farrimond (sports psychologist) and Tom Bosworth (athlete) spoke about mental health in athletics.

Said Olivia "I was asked by my friend Che Wigfield Turner (who I train with) if I wanted to be involved in a project to raise awareness of mental health within athletics. I thought it was a great idea, and Che began getting in touch with people to be featured in her short film. I asked my friend Lucy Armitage if she wanted to be involved. Che then invited us to a day of filming at Longford Park where we filmed the race scenes for the film. It was a fun experience, despite it being a very rainy day! A few days later, Che asked me to meet her at a bar in Wigan, to do some more filming. Here we had fake cocktails and filmed the bar scene - an enjoyable night. Both Lucy and I are happy to have been featured in a project with such a great message."

### SEVEN REPRESENT THEIR NATIONS

Sale Harriers had seven represent their nation at May's Loughborough International.....

- **MEGAN DAVIES** represented Scotland, making her track debut over 3000m. This was her 3rd Scottish representation having already represented it over the country in 2018 and 2019 at the U23 British Athletics Cross-Country Challenge in Liverpool.
- **KIRSTY LAW** was also selected to represent Scotland in the discus. This was Kristy's 14th Scottish appearance! She first threw at the Loughborough International in 2005 when just 18 and is now an L35 targetting the Birmingham Commonwealth Games and European Championships.
- **SUCCESS EDUAN** was selected to represent GB & NI Juniors competing over 200m and 4x100m. Hoping to secure the qualifying standard for the U20 World Championships in Colombia later in the summer she dominated the race regarded as one of the day's finest. She significantly improved her PB to 23.30 well within the qualifying standard and became the fastest junior in Europe.
- **SOPHIE ASHURST** was selected to represent GB & NI Junior team in the pole vault and also selected as junior team captain. For the 2nd time, she equalled the qualifying standard of 4.15m for the World Junior Championships.
- **LAZARUS BENJAMIN** was also selected for the GB & NI Junior team in the pole vault. He also qualified for the World Junior Championships by jumping the required height of 5.20m.
- **SHAUNNA THOMPSON** was selected to represent England in the Hammer. Shaunna was Britain's top ranking sprinter in her youth and represented GB in the 200m at the 2009 World Youth championships. In more recent years she's become a successful hammer thrower coached by **BOB GAISIE**. This England representation is her first for 14 years since she represented England in the 100m & 200m at the Commonwealth Youth Games in India (and she's still the double record holder)
- Congratulations to **TESS MC HUGH** (400m) and **NICHOLAS WALSH** (100m) who were selected to represent the National Athletic League.





**LILY OLDALE BREAKS CLUB RECORD IN YDL**

The second YDL (Lower) match in later May was a 'double' header at Longford Park with Trafford AC the hosts. Again, well done to team manager **CARL WORTHINGTON** who had the unenviable task of recruiting and managing both the boy's and girl's teams..... and he hardly moaned (!!!). On this occasion, the club sprinters, hurdlers and middle distances were the strongest with **OONAGH MCMANUS** and **BEA SOPER** among the day's highlights, winning their 1200m events with Grade 1 performances. **LILY OLDALE** was also a highlight breaking the U15 Javelin club record with a throw of 41.00m. The previous record had been held by **SHELLY HOLROYD** from way back in 1987 with a throw of 40.98m. The day ended with Wirral still in 1st place and Sale equal 2nd with Preston. Onwards to the 3rd and final match at Ellesmere Port in July before the Regional Final

**STREETS OF MANCHESTER ALIVE WITH RUNNERS**

On the same day as Manchester City celebrated winning the Premier League with epic scenes of celebrations, the streets of Manchester was further alive to the 20,000 runners of every age and ability in the Gt. Manchester 10k and HM, all televised on the BBC. Sale Harriers had 15 in the 10k and 6 in the half marathon. It was great that the club's largest group of participants were the volunteers who marshalled the route around the Etihad Stadium and Old Trafford.

**The following ran what were PB's..**

- **OLIVER BARTLETT** (36.59) LATER IMPROVED TO 35.12
- **GEORGE NOBLE** (37.08) ALSO BEST OF '22
- **DAVID MARSH** (37.54) ALSO BEST OF '22
- **JASON BOWERS** (38.12) LATER IMPROVED TO 36.11
- **KEVIN FOSTER** (39.30) ALSO BEST OF 2022
- **HECTOR CHINOY** (42.44) LATER IMPROVED TO 36.11
- **STEFAN SCHUMACHER** (50.52) ALSO BEST OF '22
- **DAVID CUMING** (58.24) ALSO BEST OF '22

**A special mention to:-**

- **LUCIE WOLFENDEN**, an U20 pole vaulter with the club since she was thirteen, trained really hard for the half-marathon and raised £1500 for Chai Cancer Care.
- **M65 GEOFF BEATTIE** and **M60 STEFAN SCHUMACHER**. The battle royale between these two running Titans continued. Though far from being Grecian Gods (though Geoff is in the running!) they again battled ferociously down Bridgewater Way for Geoff to take Stefan's scalp!

Whilst the 'oldies' pushed their limits over 10k, thousands of children also had the experience of their lives with shorter runs closer to the city centre and some even had the excitement of meeting Eilish Mc Colgan.

**AIMEE PRATT QUALIFIES FOR WORLD ATHLETIC CHAMPIONSHIPS**

Just 10 days after she broke the 2000m steeplechase British record and improved her 3000m PB, **AIMEE PRATT** did it again and set a 3000m steeplechase PB of 9.25.48 in her opening 3000m steeplechase of the season in Huelva, Spain. Her time was the qualifying mark for the World Championships in Oregon (July). Her time also marginally improved her own club record.

**NORMAN POOLE DELIVERS CLASSY BMC GRAND PRIX**

Nationally regarded middle distance coach **NORMAN POOLE** delivered his annual classy BMC Grand Prix at Sportcity at the end of May, his 25th successive year of doing so. Norman has been President of the BMC since 2007 and in more recent years is also BMC Chairman. In those years he's contributed massively to the development of the the BMC.

The Sportcity GP attracts the great and good from throughout Britain and beyond. Among them this year, five Sale Harriers drank from the elixir of sport with fantastic PB's. Congratulations to....

- **MEGAN DAVIES** - 1500M IN 4:15.57
- **ISOBELLE BURKE** - 800M IN 2:12.62
- **HANNAH BROWN** - 5000M IN 16:48.87
- **AKIRA EDGSON** - 1500M IN 4:34.535
- **OSCAR SCHOFIELD** - 1500M IN 3:54.50



**SOPHIE WOOD WINS BRUSSELS 20K**

**SOPHIE WOOD** won the women's 20k in the 42nd edition of the Brussels 20km at the end of May. The 31,000 runners started in the picturesque Parc du Cinquantenaire and finished at the triumphal arch with its three arches that dominates the Park. Well done, Sophie!

**ON TRACK - YDL (Upper) 2nd MATCH**

The club's campaign to reach the YDL (Upper) Regional Finals in August continued on track following the successful 2nd match hosted by Trafford AC at Longford Park. The U15 & U17 boys and girls finished a very close 2nd - again, just 22 points behind Trafford which emphasises (yet again!) how critical it is that every competitive 'gap' is covered. Both team managers applauded every athlete and especially those who went above and beyond to gain much needed points. Stood out as exceptional were:-

- **ANNABEL AMADIN** who really stepped up competing in three throws and did incredibly well in all of them.
- **AKIRA EDGSON**, despite racing the 1500m the previous day in the BMC at Sportcity, could have had a day's rest but instead filled gaps in the discus, javelin and the 4x400m for points.
- **SOFIJA DRAGISIC WOOD** who competed early in the 400m hurdles, then left to revise for her A Levels only to come back to do the javelin and relay for the club.
- How great it was to see **KATIE STRINGER**, **LIBBY HILL**, **JASMINE READ** and **OLIVIA NOLAN** back enjoying their running.



- **TOLU ADEYEMI** was a big club scorer with a big PB in the high jump, as well as doing the long jump, hurdles and 4 x 100m relay.
- Endurance runners **ARCHIE MC CARRON** and **CHARLIE TITTENSOR** took on the javelin at the last minute and earned valuable team points.
- **SAM PEARCE** doubled up in the 800m and 1500m as well as doing the high jump.
- **ALEX JAMES**, on his day off from revising for his A Levels, won the 1500m and then did the 400m, discus and 4 x 400m.
- **NATHAN YOHANNES** ran his first ever 800m in 2:07 - a great result for a lower age U17.

**JUNE**

**EMMA-LEIGH TOPS DOWN UNDER**

Congratulations to former club member **EMMA-LEIGH HEIGHWAY** (now living in Australia) who won The Southern Sydney 24 hour Ultra Track Marathon just a few years after she was diagnosed with Rheumatoid arthritis and Trigeminal Neuralgia, the TN leading to complications whereby in 2018 she had to have brain surgery and learn to walk again.

In 2019 she then entered a 30k trail race and won it with a course record. Some time later, she was again first past the post (men and women) in a 12 hour ultra marathon and that success whet her appetite for the Sydney 24 hour ultra track race.

She wrote of the experience, "It was the first time I'd been on a track in 8 years and to say, I was excited was an understatement. In 2022As this was my first ever 48 hour event, my coach and I planned on getting to 200k's and seeing how I felt from there. With a goal of hitting 130k during day one, this was broken up into 3 laps running and 1 lap walking to converse strength. The weather wasn't great and included gale force winds and rain on the first night. My crew of 2 friends and my husband had a tent at the 100m start line and handed me coffee, soup, noddles and gels when needed. I felt great during the first night and had two 30min naps. During the 2nd night I had a 5 hour low where I was barely able to walk in a straight line. We began playing with shorter naps as the 30 minute naps led to some nausea and stiffness on waking. However the 15 minute naps were good only for about 4k of movement before I struggled to keep my eyes open. With 5 hours to go I made the decision to try an hour's sleep. After this I felt much better and was able to get a good pace going until the sun came up at 6am and was able to start running again. My 262k ranks me 2nd in Australia and 15th in the world".

**3rd AGAIN IN NORTHERN LEAGUE**

The club's again finished 3rd (and 4th overall) in its 2nd Northern League match and must therefore go 'Big' in the final July match at Wigan if it's to avoid relegation. The men's section did well filling almost every 'A' and 'B' discipline though the middle distance events still had far too many glaring gaps. The women again struggled to fill most of their 'B' technical and field events, as happened in the 1st match! Thanks to the club providing its full quota of officials - **JON MASON**, **TONY CAMPBELL**, **ANDY WEBSTER**, **AUSTIN BOOTH**, **AYO SHONIBARE** and **JACK FROST**, the team were awarded the maximum 50 points which made an enormous difference.



### NATIONAL ATHLETICS LEAGUE VICTORY

On the weekend of national pageantry to celebrate Queen Elizabeth's Platinum Jubilee, Sale Harriers won its 2nd National Athletic League match (NAL) (Championship Division) hosted by the club at Sportcity. Team managers, **DAVE MARSH/LUCY EVANS** and **JAMES BAILEY** did very well to pull together an almost complete team with fewer 'gaps' than usual. Just one point was the margin of victory but enough to position the club in an 'acceptable' 3rd place in its ambition for promotion to the Premier League in 2023 for the first time in a decade. It was a match of outstanding performances:

- **ANDY ASHURST**, who represented GB at the 1986, 1990 and 1994 Commonwealth Games and at the 1988 Seoul Olympics, just missed out on the M55 pole vault British record.
  - **NICHOLAS WALSH, OWEN SPROSTON, MARCUS MC LEAN, BLAKE TIGER-LEE BROWN** won a magnificent 4 x 100 relay by 2/100th of a second.
  - **CHELSEA WALKER** competed in 4 events (400mH, 200m, 4 x 100m, 4 x 400m) winning 3 and a very close 2nd in the 200m (A race).
  - GB Modern Pentathlete **OLIVIA GREEN** won the 3000m with a PB.
  - Teenager **LUCY ARMITAGE** won a fantastic 1500m.
  - **NICK WALSH** took a big 100m win with 10.47 (-1.0)
  - **SUCCESS EDUAN**, the club's European junior 200m bronze medallist, clocked a winning 11.86 (-1.3).
  - **SHAUNNA THOMPSON** took another set of top points when throwing 14.45m in the shot.
  - Sprinter **MADDISON VERNON** made her club debut.
  - Beyond call of duty GB pole vaulter **ROSIE SEMENYTSH** did the triple jump
  - **LUCY EVANS** baby-sat **IMANI MODAHL'S** baby whilst Imani ran the steeplechase!
- Onwards to match 3!

### LITTLE STARS HOLLY & DAN

In mid June, **HOLLY MC HUGH** and **DAN OAKES**, both members of the Crossford Bridge Primary Section, had fantastic success at the Junior NW Combined events at Stockport's Woodbank Park. Competing against teams from throughout the NW and into Yorkshire, Hollie became the NW U11 Girl's Quadrathlon champion. (Her sister **ROXY MC HUGH** was also 6th in the U13 Pentathlon). Among the boys, **DAN OAKES** became the U13 NW Combined Events champion and his team-mate **OLIVER HOWELL** was 6th. These young stars, competing in these events for the first time, showed wonderful potential.



### BRIAN HOLROYD RIP

**BRIAN HOLROYD** a Sale Harrier Shot Putt coach in the 80's & 90's, sadly passed away aged 72. Brian was the father of Life member **SHELLEY HOLROYD** who, between 1987 -2006 was a key member of legend Eric Hughes' women's teams who brought unprecedented success to the club keeping it at the top of the Premier League for an incredible thirty eight years during which time he won an incredible 23 Premier League Titles, represented British clubs in European Clubs competition and won the European Club's Cup. He had similar success also in the younger age-group Leagues and Cups.

In those years, Shelley was the club's top class javelin thrower who represented GB at the 1996 Atlanta Olympics, the Kuala Lumpur & Melbourne Commonwealth Games and the 1993 and 1997 World Championships in Stuttgart and Athens.

She wrote "My Dad always had time for everyone. He started off as a football coach and was one of the most successful in the Salford area. His athletics coaching started at Salford Mets because he was taking me to training. Once he found out they didn't have a Shot Putt coach he volunteered. Not only did he become a well respected coach, he also helped a number of athletes get to training when their parents didn't have transport.

After a year of me being at Salford Met, I met Bill Nicholls, Sale Harriers Throws coach. He watched me throw the Javelin and, after a brief conversation, I made the decision to move to Sale Harriers aged 12. Bill became my coach and my Dad also started coaching for Sale and his athletes followed him to the club.

He continued his kindness of reliably picking up athletes and taking them to Crossford Bridge for training. He had many successes and was fondly remembered for his character and kindness. One athlete he coached, Kate Bateman, said 'Brian was a lovely man who had a heart of gold. He saw the best in us and knew exactly how to get the best out of us all. He was firm but fair and had a great sense of humour.'

I've received messages from athletes all over the world saying how great my Dad was and I maybe biased but I have to agree. Without him, and my Mum, I would have never become an Olympian."



### LOUISE WHITTAKER CROWNED NATIONAL AQUATHLON CHAMPION

**LOUISE WHITTER** was crowned the 2022 L40 English Aquathlon Champion at their annual championships in Northamptonshire. She was among over 80 athletes who competed over an 750m open water swim and then a 5km run around the local lake. As a result she qualified for the 2022 World Triathlon Aquathlon Championships in Samorin in August. Her first major success in this sport came in 2013 when she finished 4th at the London ITU Aquathlon World championships.

In April Louise was one of the quartet who won the L35 British Masters Relay Gold medals.

### BILL FOX 'ROUND THE RESSERS'

Twenty Harriers participated in this annual 5 mile race around the Valehouse Reservoir in Glossop. Promoted by **PAUL BARRETT** since the death of active club member Bill Fox in 2015, each year it raises money for a designated charity and this year it raised £1000 for Mummy's Star, a local based charity which supports women diagnosed with cancer in and around pregnancy.

On a very warm night, 239 crossed the finish line. Andy Norman (Altrincham AC) won the Men's race and Emily Platt (East Cheshire Harriers) the women's. The first Sale man home was **OLIVER LEE** (30.12) and the first club female was **BEE CORDINGLEY** (33.07). Sale Harriers won both the male and female team prizes.



### MEGAN & NAJIB DAZZLE AT WATFORD

The Watford BMC Grand Prix produces dazzling performances attracting Britain's middle distance elite. **MEGAN DAVIES** had a glorious night improving her PB yet again, this time over 800m to a new best of 2:08.60. U23 **NAJIB HASSAN** also recorded a fantastic 800m PB of 1:50.95.

### EXCEPTIONAL THEA BROWN & TOLU ADEYEMI



Two young Sale Harriers were exceptional among England's best-up-and-coming talent at the Mason Trophy Inter-Countries in Stoke. **TOLUWALASE ADEYEMI** (representing Gtr. Manchester) and **THEA BROWN** (representing Cheshire) were the only athletes to win two events for their counties. Toluwalase won the U17 100m hurdles in a super PB of 14.37 and the High Jump and Thea won the 200m and the High Jump in a PB of 1.72m

The Mason Trophy is for students Years 8 -11 who have excelled at County schools championships and is a major milestone and proven testing ground on the way to the ESAA England School T & F (ESAA) Championships to be held in Manchester in July. U17 **LEONARDO SCOTT** (100m in a PB of 11.09) and U17 **ALEX LEADBEATER** (200m) also did brilliant winning their events.

### ED BILLINGHAM CYCLES FOR AUTISM

In late June **ED BILLINGHAM** cycled 220 miles from Manchester to London to raise money and awareness for children and young people with Autism and exceeded his expectations raising over £1,500. "They're an extremely marginalised group who need a great deal of help to integrate into the world".

Ed left Manchester at 6am with his team and had perfect conditions with a slight tail wind. The ride was supported with great food stops including a fish and chip van at 140 miles which he said was "really welcome" He finished at Rapha HQ at 10:30pm on the tail end of his group after it became more of a race!"

"On paper it looked like a very long day but with the incredible support and inspirational company the day went in a flash. I feel very proud to have part of it and to have exceeded my fundraising target."



### SALE STORM WELSH CASTLES

Sale's senior men were mightily impressive to finish 4th in the Welsh Castles Relay against super strong Swansea & Pontypridd teams and a new team from Kent.

The senior women were a brilliant 2nd (plus Queen's of the Mountain) and again were very pleased to finish ahead of local rivals Chorlton Runners! This was the first time the club turned out a veteran's team - a combined men's and women's team. They too were right up there in 5th place.

There are six mountain stages (three on each day) and three team mountain stage prizes - the Kings (Open), Queens (Ladies) and Monarchs (Vets). This year Sale's women - **LAURA MARTIN, RACHEL ROZHDESTVENSKAYA, SOPHIE WOOD, ANNE CHINOY, ALICE WRIGHT** and **LAURA BARBER** were crowned "Queens of the Mountains" and awarded the much sought after trophy. Their victory was particularly commendable in that all of them train in and around super flat South Manchester!

The club also had five individual stage winners awarded the prestigious yellow jerseys. **NICK BARRY** and **PHIL RICHARDSON** won their men's stages, **SOPHIE WOOD** and **ALICE WRIGHT** their women's stages with Sophie smashing the course record and **STEVE MC CARRON** was victorious on his veteran stage.

The endurance section pulls out all the stops for this annual 2 day campaign over 20 stages, 209 miles staggered relay stage race from Caernarfon to Cardiff with an overnight stay in Newtown. The logistics involved 80 club members.

Both the men and women have been previous champions.

### GEOFF'S NORTHERN IRELAND SILVERS

**GEOFF BEATTIE** returned to his homeland for the Northern Ireland Masters T & F Championships and improved on last year's M65 400m bronze medal to win the silver medal in both the 400m and 800m. This is especially impressive in that zippy Geoff is more a 5k and 10k runner.

The photo of Geoff is alongside the bronze of Mary Peters who won Northern Ireland Pentathlon Gold at the 1972 Munich Olympics, Britain's only athletics gold at that Olympics. Many won't remember her - Geoff will, when she heroically returned to Belfast during the 'Troubles' despite death threats and has remained a Northern Ireland hero ever since including being made a Dame.



**SALE QUALIFY FOR YDL (Upper) REGIONAL FINAL**

Sale won the third match of its Premier West Division at Longford Park to put the club in pole position and safely qualify for the YDL (Upper) Regional Final in August. *"The victory was the product of fantastic performances and a great team spirit"*. The top athletes were:

- **JOSH COLQUHOUN-LYNN** who ran the 1500m and 4x 400m whilst carrying an injury as he didn't want to let the team down.
- **AIDAN LYNCH, GEORGE NOBLE** and **ALEX JAMES** all did maximum events, including a first ever steeplechase for Aidan.
- **REMI LIVESEY** hadn't been training due to exams but was still prepared to do his first javelin competition this year and threw 49.75m to win the A event.
- **MARCUS MC LEAN** won the 100m and 200m and was well supported by the other sprinters.
- **NATHAN YOHANNES** did his first scoring 800m ever and clocked up 2:06 (at the age of 14).
- **TOLU ADEYEMI** did the high jump, long jump and hurdles for the third time and has been a really valuable team member.
- **SHONA WILKINSON** (Pole Vaulter) filled gaps in the hammer and the 800m and definitely went above and beyond.
- **IZZY BURKE**, focusing on the English Schools Championships, was unable to race but still came along to get the club some points in long jump.
- **IZZY APPLEBY** overcame post injury anxiety and did a full complement of events - the shot putt, 1500m, javelin and 4x300m.
- **ANNABEL AMADIN** again stepped up to do not only the Shot but the Discus and Hammer earning very valuable points.



**6 NORTHERN CHAMPIONS & 14 MEDALLISTS**

Sale Harrier won 6 Northern titles, 9 silver medals and 5 bronze medals at the Northern T & F Championships in Wavertree - a big improvement from Covid stricken 2021 when the haul was just 10. Congratulations to:

**Northern Champions:**

- **ADETOMIWA OLADITI** 800M
- **HERMIONE MASON** U20 400M HURDLES
- **BETHANY WOODHEAD** U20 HIGH JUMP (PB 1.72M)
- **SHAUNNA THOMPSON** RETAINED HER TITLE SHOT PUTT TITLE
- **ANNABEL AMADIN** U20 SHOT PUTT
- **JASMINE RICHARDSON** U20 HAMMER (PB 45.43)

**Northern Silver medallists**

- **MADISON VERNON** U20 100M
- **MARCUS MC CLEAN** 200M (PB 21.52)
- **JACOB LINGARD** 400M (PB 50.01)
- **TESS MC HUGH** 400M
- **SCARLETT WHITTAKER** 100MH (PB 14.82)
- **ANNABEL AMADIN** U20 DISCUS
- **ELLIOT O'NEILL** TRIPLE JUMP
- **STEPHANIE JONES** U20 LONG JUMP
- **ELLISE FRYER-FRANCIS** U20 SHOT PUTT
- **ALEX WORT** 110MH

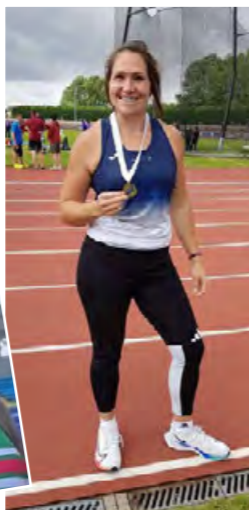
**Northern Bronze medallists**

- **PRAISE OWOEYE** U20 100M
- **OLIVIA BROWN** U20 400M
- **ELLISE FRYER-FRANCIS** U20 LONG JUMP (PB 5.56M)
- **KAMEL BENISSAD** SHOT
- **STEPHANIE JONES** LONG JUMP

**AMAZING SEVEN AT BRITISH CHAMPIONSHIPS**

The club had an amazing seven athletes compete against the best in the country and world at the Muller British Championships held at Sportcity. More than 800 athletes competed for 45 UK titles and the last chance to book places to the World Athletics Championships.

- **REYNOLD BENIJO** who become the UK long jump champion, added this to his 2020 victory.
- **AIMEE PRATT** replicated her 2021 3000m steeplechase silver medal with a time of 9:49.32
- **U20 SUCCESS EDUAN** produced a 100m PB (11.69).
- **KIRSTY LAW** a multi discus medallist in this Championship, was delighted with her silver medal.
- **SEUN OKOME** won the bronze medal with a windy 16.09m (+2.2).
- **U20 LAZARUS BENJAMIN** gained his latest Pole Vault PB of 5m30cm to win the bronze medal and to rank No.1 in the UK increasing his height a massive 30cms since the 2021 Championships.
- **U20 MELLISSA BOOTH** produced a Triple Jump PB of 12.58m
- **JONA EFOLOKO** hit the mark with his 100m PB of 10.16
- **MEGAN DAVIES** reached the 1500m final in classy competition.
- **SHAUNNA THOMPSON** produced her latest Shot Putt PB of 15.55m



**THEA BROWN SCHOOL'S CHAMPION & CLUB RECORD**

At the end of June, five of Sale Harrier multi-eventers excelled at the NW England Schools Combined Events Championships at Blackburn. They were in the first year of their age-group and massively improved their points score and their national ranking. Well done to...

- **THEA BROWN** was crowned the North West Heptathlon Combined Events Champion with a PB points score of 4837 that included PB's in the Long Jump and the Shot. She also broke Chloe Cozens club record that went back to 1996. This is her 5th club record. She now holds club records in the U13 High Jump, U15 75m Hurdles, U15 Pentathlon and U17 80m Hurdles.
- **ELLISE FRYER-FRANCIS** was 3rd in her new U20 age-group with a score of 4319 points which improved her National ranking to 16th. She also PB'd in the 200m.
- **FREYA DOCKERTY** was 3rd in her new U17 category also with a new points score of 4212 that substantially improved her national standing to 23rd. She also PB'd in the 800m and Long Jump.
- **SEREN REDFERN** was 9th in her new U17 age group with a Heptathlon PB of 3835 that also massively improved her national standing. She also PB'd in the Shot and Javelin.
- **LIAM O' BRIEN** was 10th in the U15 Pentathlon with a PB points score of 1600. He PB'd in the high jump and Shot.

**GEORGIA TAYLOR-BROWN, MATT BARNES, KATHY WELLMAM REPRESENT GB AT WORLD TRIATHLON CHAMPIONSHIPS**

What a day for **GEORGIA TAYLOR-BROWN, MATT BARNES** and **KATHY WELLMAM** at mid-June's WTC World Triathlon Sprint & Relay Championships in Montreal.

Georgia bagged magnificent elite Gold in a staggering performance in the mixed relay. Despite a 10 second penalty, she still brought home the Gold medal and secured qualification for the mixed relay team ahead of the 2024 Olympic Games in Paris. She also retained her title at the top of the World Triathlon Championship series leader board.

In the M45 section **MATT BARNES**, won a brilliant silver medal also representing GB. "I'm pretty happy with that" he said. "The Mexican who won was way too good - we came out of the water together in joint 1st but he went away from me on the bike/run"

In the L40 section **KATHY WELLMAM**, also representing GB, won magnificent Team silver in the relay, her first podium since 2014. She was also an excellent 14th in the sprint race.



**AIMEE PRATT & JONA EFOLOKO TO WORLD CHAMPIONSHIPS**

• **AIMEE PRATT** and **JONA EFOLOKO** were selected to represent GB and NI at June's World Athletics Championships in Oregon (15-24 July). Both were selected with the belief they had the ability to reach the finals of their events. Both have been Sale Harriers since 2012.

• **AIMEE** was selected for the 3000m Steeplechase. Tokyo Olympian Aimee is increasingly experienced on the world stage. She's represented GB & NI at the 2019 World Championships, the 2017 European U23 Championships and 2016 World Junior Championships. (See Harrier No.85 on the club website for her complete profile).

• **JONA** was selected for the 4 x 100m relay. He's also experienced on the world stage as the 2018 World Junior 200m Champion, 2016 European U18 Champion and 2017 European U20 silver medallist.

**FIVE SELECTED FOR BIRMINGHAM COMMONWEALTH GAMES**

Five Sale Harriers were announced as selected for the Birmingham Commonwealth Games in June.

- **AIMEE PRATT** (as above) • **JONA EFOLOKO** (as above)
- **ABIGAIL IROZURU** was selected for the long-jump. She's also a Tokyo Olympian (See Harrier No.85 on the club website for her complete profile) who has competed for Sale Harriers since 2005. Of her selection she said, *"It feels like I have come full circle following my first experience of the Commonwealth Games in 2008, albeit the Commonwealth Youth Games, winning a gold medal there and now being able to represent Team England on a senior level at a Commonwealth Games. I've done a World championships, a European Championships and an Olympic Games and the only thing that was missing in my mind was the Commonwealth Games. I am so, so grateful and humble and so excited to fit form at hopefully the right time"*
- **GEORGIA TAYLOR-BROWN MBE** is well known on the world class elite triathlon circuit who won Triathlon silver and gold at the Tokyo Olympics, the best ever results by a GB female athlete. She is also a key member of Sale's cross-country teams bringing it considerable success. (See Harrier No.85 on the club website for her complete profile).
- **KIRSTY LAW** has been a club stalwart since 2012 and was selected for the Commonwealth Games as a member of Scotland's 33 strong team. This is Kristy's second Commonwealth Games having reached the discus final in Glasgow in 2014. Her selection is just her latest honour in a successful 20 year discus career which has included - 11 British Championship medals, including two gold, 13 Scottish titles, 15 Loughborough International appearances, ranked 2nd in the Scottish all time list, selection for the European Championships, European U23 championships and European Cup. *"I'm over the moon"*

**SIZZLER'S BLAST OFF!**

The 21st year of the Sizzler 4 x 5k's (Well! The 22nd had it not been for Covid-19), the popular club promotion, was launched in Wythenshawe Park. For the 2nd consecutive year Airport City Manchester were headline sponsors with co-sponsors architects 5 Plus & BDP.

The first significant difference to the 2022 series was the 'Throws Field' adjacent to the track, traditionally used for parking, was no longer available due to a new BMX bike hub being constructed. Despite lots of concerns whether the unfinished work would impede the race, all went well on the night.....thanks to excellent 'on-site' management by **MIKE DUNNE**.

Runners exiting the car-parks donated a magnificent £478 into St. Ann's Hospice collections buckets.

Due to many struggling financially with the economic climate, the Sizzlers set a unique precedent of offering free places - no questions asked, to runners who struggled to find the entry fee. The night's stand-out performances among the 33 Sale Harriers were:

**CAROLINE BARRETT** (23.58), **DAVE HEYWOOD** (21.31) and **AMELIA LATHAM** (22.48) recorded PB's. **BEN REES** (17.12) and **JON SMALLEY** (17.42) ran even faster than in April's Mid-Cheshire 5k.

**STEVE MC CARRON** (16.42) **RICHARD EDWARDS** (17.02), **SIMON LATHAM** (18.43), **CHRIS TOPPING** (18.54), **RACHAEL ROZHDESTVENSKAYA** (18.56), **ROBERT HEGGS** (19.12), **JOHN BATTERSBY** (23.26), **KIM WALSH** (23.57), **DEBBIE MC EVOY** (25.32), **BEN REES** (17.12), **DAVE MARSH** (17.11), **LAURA MARTIN** (19.48), **CHRIS WEBB** (21.07) recorded their fastest times of 2022 upto that time. **RUTH WALLER LIDDLE** (18.33), home from Colorado, won the L35 prize.





# JULY

## YDL (Lower) - QUALIFIED FOR REGIONAL FINAL

Sale's U13 & U15 boys and girls finished 2nd in their 3rd and final YDL (Premier West) League match at Ellesmere Port. Their 3rd overall position meant they qualified for the YDL Regional Final in York at the end of July. Well done to everybody!

The match was again entirely managed by super-hero **CARL WORTHINGTON** (Surely there must be someone to support him!). Again, he did a brilliant job reflected in how few competitive gaps there were in both the boys and girls' teams. The biggest scorers of the day were:

- **LIAM O'BRIEN** (300M, 800M, 80MH, JAVELIN & RELAY)
- **JEFFERSON ADENUGA** (100M, 200M, LJ & RELAY)
- **MAX CUNNINGHAM** (HJ, DISCUS & RELAY)
- **DICKS** (100M, HJ, SHOT, RELAY)
- **JACKSON** (200M, 300M & SHOT)
- **DANIEL OAKES** (1200M, HJ & SHOT)
- **OLIVER HOWELL** (150M, 800M, 75MH & RELAY)
- **LILY VALENTINE** (100M, SHOT, JAVELIN & RELAY)
- **EVA ANWYL** (100M, 150, 75MH, & RELAY)
- **ROXY MC HUGH** (150M, 70MH, LJ & RELAY)
- **OONAGH MC MANUS** (800M, HJ & RELAY)
- **IMOGEN HILL** (800M, LJ, RELAY)

## NATIONAL ATHLETIC LEAGUE - QUALIFIED FOR REGIONAL FINAL

An excellent 2nd place in the 3rd and final National Athletics League (Championship Division) match at Stevenage gave Sale Harriers senior men and women the prospect of returning to Premiership athletics for the first time in a decade.

Following three matches, the club sat 3rd and just held off being 4th by one measly point! **DAVE MARSH**, **LUCY EVANS** and **JAMES BAILEY** worked studiously to put together a potentially winning team. Said Dave "It was strong in quality but thin in depth in the end due to 11th hour drop-outs from the resurgence of Covid, injuries and illness". All sectors - sprints, middle distance, hurdles, jumps and throws delivered as an exciting day of athletics as one could wish for with victory after victory, many top three finishes and PB's galore. Yet again, those who made the huge difference and were the day's heroes were those who filled the gaps.....people like.....

- Endurance runner **ALEX BRADFORD** who did the 400mH, 3000mS/C and 800m
- Endurance runner **SARAH GOULDEN** who also did the Long jump and 100m
- **RUTH WALLER-LIDDLE**, home from Colorado, scored valuable points in the 400mH, 800m and Steeplechase. With **HANNAH BLOOD** also home from the USA they gave the day an American feel!
- **NATHAN BOOTH** amazingly again did the 110mH, 400mH, HJ, LJ and Hammer
- Javelin star **ROSIE SEMENYTSKY** just loves to take in the Triple Jump.

The match was an overnight stay in Stevenage. Many younger team members and the club's T & F Officials availed of the hired coach and a number travelled the long journey by car on the day. To quote Dave Marsh, "One more push" for the promotion match in Bedford on August 21st when the top three teams will be promoted.

## NORTHERN LEAGUE

The penultimate Northern League match at Wigan in early July at which the club hoped to reach the qualifying rounds for the Premiership title must be recorded as 'disappointing'

- Just one athlete - U17 **JASMINE REED** turned out for ALL the 800m, 1500m, Steeplechase and 5000m races - both men or women!
- So few sprinters turned out that the club won no points whatsoever in any of the relays!
- The club didn't have even one Sale Harrier female competitor in any of the 16 'B' races!
- The team had just 20 members when about 75 are needed.
- Had it not been for the handful of individuals who stood into the breach, Sale Harriers would have been annihilated among its Northern colleagues..... so well done to.....
- **ANNABEL AMADIN**, **HANNAH BLOOD**, **SHAUNNA THOMPSON**, **WILLIAM SCHOFIELD** and **KAMEL BENISSAD** who were especially the back-bone of the team.
- **JOSHUA MOULAND** (110mH, 400mH, PV, Shot, Javelin),
- **NATHAN BOOTH** (HJ, TJ, Hammer, Javelin)
- **SAMUEL EBONINE** (High Jump, Triple Jump)
- **KAMEL BENISSAD** (Discus & Hammer),
- **FAISAL OTHMAN** (100m & Long Jump)
- **LAILA HERSTELL** (U17) (LJ, HJ, Javelin)

The club finished 3rd and 4th overall with little chance to finish in the top three from the final match in Blackburn (August) and the chance to qualify for the knock-out stage with the prospect of finishing in top three.



## SUCCESS, SOPHIE & LAZARUS REPRESENT GREAT BRITAIN & NI

At the beginning of July, **SUCCESS EDUAN** (200m & 4 x 100m), **SOPHIE ASHURST** (Pole Vault) and **LAZARUS BENJAMIN** (Pole Vault) represented GB & NI at the Mannheim International in Germany.

- **SOPHIE ASHURST** topped the podium in her pole vault competition and was delighted with her 4.15m victory which equalled her season's best. It was also her 2nd qualifying standard for the World U20 Championships in Cali later in the year.
- **SUCCESS EDUAN** brilliantly brought the baton home in the 4 x 100m relay for 2nd place in a time of 44.18, the seventh fastest time in history for a British U20 team. In her 200m race, she was the fastest of the British contingent for 2nd in her heat and 3rd fastest overall. (Readers will know that Success won the 200m bronze medal and the 4 x 100m relay team gold at last year's European U20 Championships.)
- **LAZARUS BENJAMIN** in the pole vault had a comfortable clearance of 5m to open his competition. In his attempt to progress he took a calculated risk in this highly technical event to try a stiffer pole. It didn't pay off and resulted in three fouls at 5.15m. "Ultimately it was a positive exercise" he said as he chased the Cali qualifying height of 5.20m.
- **ANDY ASHURST** Sophie's dad and coach was selected as a team coach.

The Mannheim International is one of the highest-level junior competitions outside of the World and European U20 Championships. Twenty-three countries participated each filled with talented teenagers.

## NIGEL & NICK LEAD WILMSLOW SUMMER 10k

**NIGEL MARTIN** led home the 1500 runners in the Wilmslow Summer 10k in his fastest time of 2022 - a zippy 30.28. **NICK BARRY** was just behind him in 3rd and his 31.09 was his third fastest time of 2022. How great it was having two Sale Harriers at the elite end flying the club flag. The very hot day wasn't conducive to fast times, but four Sale Harriers did overcome the heat and drank from the elixir of PB's. **MAXIMILLAN KIDD-ROSSITER** (34.42), **MARK JOHNSON** (36.05) and **JENNY FOX** (41.17) ran PB's that were also their fastest of 2022. **BEATRICE CORDINGLEY** ran a PB of 38.13 She was to massively improve this later in the year and **PETER SHIPLEY** (35.35), **RICHARDS EDWARDS** (36.01), **JON SMALLEY** (36.45) and **ROB PALMER** (41.47) all ran their fastest 10k of 2022.

## HELEN, ANN & TOM REPRESENT ENGLAND MASTERS

**HELEN ARMITAGE**, **ANNE CHINYOY** and **TOM STEPHENSON** represented England Masters at the International Masters road races in Tenby. Helen represented England in the L45 5k, Tom in the M35 10k and Anne in the L45 10k.

This was Ann's 3rd Masters and Tom & Helen's debut (though Helen qualified for the marathon in 2017 but didn't actually take part). Said Helen, "It's taken 47 years, but I finally had the honour of wearing an England vest. It was brilliant". Said Tom, "A new format to increase participation and representation for Masters runners was really good because it opened Masters opportunities up to so many more athletes. For me, I might struggle to represent my country at V35 via the usual format (my qualifying time was decent but it depends who turns up on the day in the usual qualifying races) so this was an amazing opportunity to do so. When I got my selection email it was an amazing feeling but also very daunting. When I ordered my England vest I started to quite like the idea of being an international athlete!"



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## SOPHIE, FRANK & SIMON RUN FASTEST OF 2022 IN HELENA TIPPING 10k

Well done to **SOPHIE WOOD** (34.45), **FRANK CORDINGLEY** (45.21) and **SIMON JACKSON** (38.54) who ran their fastest 10k of 2022 in Wrexham's Helena Tipping 10k in mid-July.

## OONAGH MCMANUS INVITED TO WORLD BIATHLE CHAMPIONSHIPS

U15 **OONAGH MCMANUS** finished a tremendous 6th in the U15 National Biathlon Championships (open water swim) in Salford Quays and received an invitation to the World Champs in Madeira. This followed her earlier selection to represent GB & NI in the European Biathlon Championships in Greece in October. What an upcoming young star!

## THEA BROWN & LAZARUS BENJAMIN ARE ESAA SCHOOLS CHAMPIONS

In mid-July **THEA BROWN** & **LAZARUS BENJAMIN** became prestigious English Schools Champions and six of their club colleagues became England Schools medallists. The 'Kid's Olympics' were held at Sportcity for the 2nd consecutive year but this time without Covid -19 restraints. Over 2000 school athletes took part in the 300 events over two days. Congratulations to Sale Harrier's Champions and medallists.....

- **LAZARUS BENJAMIN** retained his senior Pole Vault title with 5.00m, a height he's become very familiar with. The club's phenomenal pole vaulter also holds the 2018 U15 School's Title.
- **THEA BROWN** became the Inter Girl's high jump Schools Champion, still in her 1st year as an U17. She did it in style with a PB of 1.74m that confirmed her top of the UK age-group rankings. Thea, a Pentathlete by trade, is also the 2021 U15 English Schools Champion.
- The Savage twins **ELLIOT** & **EVAN** both won ESSA silver medals, Elliot in the U20 800m and Evan in the U20 1500m. Elliot adds this silver medal to last year's bronze. Said **NORMAN POOLE**, their coach, "They're very well deserved silvers. They've also learnt more of the tactical awareness required for racing at the highest level when they become seniors".
- **HERMIONE MASON** won the U20 400m Hurdles silver medal and did it in style winning her heat and then producing a fantastic PB of 62.91 for silver in the final.....similar to 2021 when she also won the intermediate 300m Hurdles silver medal with a PB.
- **ANNABEL AMADIN**, last year's intermediate Shot Putt champion, was this year's silver medallist. She just missed out on the title by a measly four centimetres.
- **STEPHANIE JONES** won the U20 Long Jump silver medal, her first medal in these major championships. Pentathlete Stephanie is new to Sale Harriers and bursting at the seams with potential. Through the summer she became the Northern Athletics U20 Long Jump Silver medallist, the Welsh Long Jump Silver medallist and the Cheshire U20 Shot and Long Jump Champion.
- **JASMINE RICHARDSON** won the U20 bronze medal in the Hammer with a big PB of 47.90m. This was well over two meters further than she'd ever thrown before and by far her best ever result in these championships.
- **OSCAR SCHOFIELD** won the U17 1500m bronze medal, his first in these championships and missed the Gold by just a 'whisker'!

## Just reaching the ESAA English Schools entry standard is already a huge tribute to talent so congratulations to:

- **LUCY ARMITAGE** who just missed out on the 800m bronze medal
- **MELISSA BOOTH** who just missed out on the U20 Triple Jump bronze medal
- **MYAH BOOTH** who just missed the 400mH bronze medal
- **TOLUWALASE ADEYEMA** who just missed the High Jump bronze with a PB of 1.88m
- **PANAGIS ZAPANTIS** was 5th in the Pole Vault with a PB of 3.30m
- **ISABELLE BURKE** who ran a PB of 2:11.24 to win her heat and then 6th in the final
- **AKIRA EDGSON** who ran a typical great race for 9th in the 1500m final.
- **LEONARDO SCOTT** who reached the U17 100m semi-final
- **LAURE KIDUKULA** who was 7th in her 400m final.
- **LILY OLDALD** who was 5th in the javelin, (same as last year!)
- **NIAMH DOLAN** who reached the 75mH finals.
- **FREYA DOCKERTY** who just missed out on the 80mH Final.



**DAVID PROCTOR IS WORLD MASTERS 1500m CHAMPION**

A dream come true! Representing GB Masters, middle distance specialist **DAVID PROCTOR** became the World Masters 1500m Champion in Tampere, Finland. He said, "I thought a gold medal was above my expectations. I hadn't had the best preparation as I'd been suffering with a hamstring issue and was also unwell a few weeks earlier. I used the last National League match to practice racing tactically and it paid off. I'd hoped that if I had a really good day and the stars aligned, I might get on the podium, but I had never expected to win gold and become the World champion. Very happy indeed"

This was Dave's second GB Masters representation of 2022 having made his debut in February competing over 3000m at the European Indoor Championships in Braga, Portugal. Two weeks before that in Boston (USA) he achieved a UK Vet-35 UK 1 mile Indoor record of 4:08.63 to top of the British ranking. Dave is coached by **NORMAN POOLE** at the Wythenshawe track. His 1500m PB of 3.41.5 also ranks him No1 V35 in the UK

**SALE SIZZLER 5k (2)**

As runners arrived for the 2nd Sizzler 5k, contractors were still re-surfacing the car-park! All ended well thanks to course manager **MIKE DUNNE'S** organizational skills and effective liaisons with the contractors. The race was another sell-out! Twenty four of the 490 finishers were Sale Harriers.

- **TOM GOUGH** (17.38), **DUANE CORDINGLEY-GAUNT** (17.48), **FINDLEY DAY** (18.30), **CATRIONA MC DONNELL** (20.06) and **RICHARD OUSEY** (21.06) all ran PB's.
- **JOHN TERRY** (18.41) and **ROBERT PALMER** (18.59) ran their fastest 5k of 2022.
- Race Doctor **STEFAN SCHUMACHER** (25.22) ran his 2nd fastest time for 11 years and just missed a PB by 3 seconds.
- **HELEN ARMITAGE** (19.32) was 1st L45 and **JACQUELINE CORDINGLEY** (21.32) was 1st L60.

**NICK TYNAN GOES SUB-16**

A day he won't forget! In the Podium 5k in Barrowford, **NICK TYNAN** dipped under 16 minutes for the first time ever to record a new best of 15.55 knocking a chunky 15 seconds off his previous best.

**ENGLAND CHAMPIONS SOPHIE, LAZARUS & SUCCESS**

At the England Athletics U20/U23 championships at Bedford **SOPHIE ASHURST** (PV), **LAZARUS BENJAMIN** (PV) and **SUCCESS EDUAN** (200m) won England titles and qualified for the World Junior Championships in Cali, Colombia (1-6 August). The match took place in searing heat and record temperatures of 40 degrees.

- U20 pole vaulter **LAZARUS BENJAMIN** retained his U20 title with a clean scorecard up to 5.00m, a height he then cleared first-time to win the EA title. He'd earlier qualified for Cali at June's UK Senior Championships, so was doubly on the plane to Colombia.
- U20 pole vaulter **SOPHIE ASHURST** also retained her U20 England title. Though 4.00m won her the title she too had already secured her flight to the World Junior Championships from two earlier qualifying marks at UK Indoor Championships and the Mannheim International in Germany.
- U20 200m specialist **SUCCESS EDUAN** was smooth, powerful and sensational in the final 40m to win her title and secure her place to the World U20 Championships. (She'd won the U20 Championships as an U17 last year so she's also retained her EA title).

There were several other very impressive club performances.....

- U20 Triple Jumper **MELISSA BOOTH** won the silver medal and was in contention for the gold until the final stages.
- U20 Hammer specialist **JASMINE RICHARDSON**, U23 Hammer specialist **HANNAH BLOOD**, U23 High Jumper, **BETHANY WOODHEAD**, U20 400m hurdler **HERMIONE MASON** all came very close to a bronze medal.
- U20 **LUCY ARMITAGE** (1500m) and U23 **BLAKE TIGER-LEE BROWN** (U23100m) were rewarded with PB's in their heats (4.37.86 and 10.73 resp.)

**THEA BROWN & ANNABEL AMADIN REPRESENT INTERNATIONAL SCHOOLS**

A few weeks after becoming ESAA Schools Champion, **THEA BROWN** and bronze medallist, **ANNABEL AMADIN** were selected to represent England in the outdoor SIAB Home International Schools held at the Mary Peter's track in Belfast.

- Thea improved her high jump PB and club record to a new 1.75m to finish 3rd with the bronze medal and secured her place as Britain's No.1 age-group high jumper. She's edging ever closer to Chloe Cozens long standing U17 club record of 1.79m which has stood since 1996!
  - Annabel was a magnificent 2nd in the Shot representing England, beating the newly crowned ESAA Schools Champion. This was an improvement on her 3rd place last year. Annabel is the 2022 ESAA Inter Girls's Shot Putt silver medallist and 2021 Champion.
- Over 260 U17 Age Group athletes from England, Ireland, Scotland and Wales converged on the Mary Peters track on the hottest days ever recorded in England. The hot, humid conditions proved ideal for very competitive athletics, with several personal bests.



**WORLD ATHLETIC CHAMPIONSHIPS AIMEE SMASHES BRITISH RECORD TWICE**

At the World Athletic Championships in Oregon, **AIMEE PRATT** smashed the British 3000m steeplechase record TWICE! In qualifying for the final, she ran the race of her life to record a seven second PB and improved the British record to 9:18.91 "That's one of the fastest times needed to reach a final" she said. She then obliterated the record again in the final by a further three seconds "record 9:15.64 and, at the time, was the fastest ever run by a British female since the 3000m steeplechase was first introduced into the World Championships in 2005. She said: "I'm overwhelmed! I knew the race was going to go out hard so I just tried to be sensible and work my way back to the field which I feel like I did quite well. I've been dying for a race like that for a long time. I wanted to finish top eight and I'm still quite early on in my career. I think I am at a good place in my career right now and the next few years I'm expecting to step up a lot."

(Aimee is the flagship athlete of the Diane Modahl Sports Foundation (DMSF) and is coached by DMSF co-Founder and Coach Vicente Modahl).

**WORLD ATHLETIC CHAMPIONSHIPS JONA EFOLOKO WINS RELAY BRONZE**

**JONA EFOLOKO** won the 4 x 100m relay bronze on the penultimate day of the World Athletic Championships. He was a new recruit to the new-look GB quartet and ran a storming first leg that gave the team the necessary lead for Zhamel Hughes and Nethaneel Mitchell-Blake to move away from the pack and have Prescod come home hard for the bronze medal. Jona is a former World Junior 200m Champion. Well done. Jona!

**WORLD ATHLETIC CHAMPIONSHIPS Dr. JOHN RODGERS IS GB TEAM DOCTOR**

**DR JOHN RODGERS**, a long time Sale Harrier who works as a Consultant in Sport & Exercise Medicine with an NHS practice at Manchester University NHS Foundation Trust and also works as Medical Director at the Manchester Institute of Health and Performance and is a Visiting Professor in Sport & Exercise Medicine at Manchester Metropolitan University, was appointed GB Team Doctor for the World Athletic Championships. He said, "We spent 10 days at a holding camp in Oregon and then 10 days at the competition location in Eugene. It was a busy trip medically and days were spent managing various injuries, illnesses and travel health related issues. It was an amazing experience to be track-side for the 1500m final which was my event when I used to compete and all the more special as his dad and coach Geoff was the stadium commentator for the race"

**DAVE MARSH HELPS RAISE £14,000**

**DAVE MARSH** with his team of NACRO colleagues took on the epic 24 hour National Three Peaks Challenge and raised £14,000 to purchase an accessible minibus to support NACRO's great work of Outdoor Learning across Gtr. Manchester. Dave more than achieved his personal target of £300.

They achieved it despite atrocious weather with torrential rain, strong winds and long difficult descents in the dark. Dave was part of NACRO's 'A' team who first climbed Ben Nevis (1345m) then Scafell Pike, England's highest mountain and at 3am they began their climb of Snowden amidst threatening 75mph winds and completed it at 6.25 am to smash the 24 hour challenge.

Nacro is a charity that helps disadvantaged young people and adults to turn their lives around and the staff and volunteers run adventurous and challenging outdoor learning programmes that equip people with valuable skills for education, work and life.

**A SIZZLING SIZZLER**

The calm, overcast evening for the 3rd early August Sizzler was perfect for PB's. Among the 490 finishers the most notable record was Warrington's Steve Watmough who smashed the M60 course record to a new best of 16.50 that was the fastest M60 in the UK. It ranked 5th all time behind such past running legends as Martin Rees, Mike Hagar, Steve James and David Clarke.

**Of the 33 Sale Harriers .....**

- The following recorded PB's:- **STEVEN HENDERSON** (16.23), **MARK JOHNSON** (17.14), **PETER HULME** (18.27), **HECTOR CHINOY** (19.39), **CHRIS DOWNS** (20.37) and **GUY GRUNDY**(21.54).
- The following ran their fastest 5k of 2022: - **MARK JOHNSON** (17.14), **HELEN ARMITAGE** (19.01), **EMILY HUGHES** (19.35), **HEATHER HUGHES** (19.41) and **JACKIE CORDINGLEY** (21.02). Congratulations to Jacqui who won the L60 prize.

**JONA EFOLOKO WINS COMMONWEALTH RELAY GOLD**

On the final day of the Commonwealth Games **JONA EFOLOKO** comfortably stormed to win team gold in the 4 x 400m relay in a season's best of 38.35seconds. As he did so brilliantly earlier at the World Athletic Championships, he was the lead leg exploding from the blocks and with a series of smooth changeovers from the rest of the team, recorded the team's 6th championship title in nine Games.



**OLIVIA GREEN WINS WORLD PENTATHLON GOLD**

In her 1st senior UIPM World Modern Pentathlon Championships, **OLIVIA GREEN** won GB Team Gold and finished her best ever position of 5th and was top British athlete. "I'm over the moon" she said.

Olivia, a talented member of Sale Harriers endurance section, was one of a strong squad of six Pentathlon GB athletes that took place in the historic Egyptian City of Alexandria.

She made her World Championships debut in 2019 and was selected for this championship having recorded her best ever senior placing of 6th. Also on the team was her boyfriend Olympic Champion Joe Choong and his brother Henry Choong.

Throughout 2022 Olivia has represented GB & NI in the Modern Pentathlon in Bulgaria, Hungary and Poland. In November 2021 she became the European U24 Champion.

**GEORGIA TAYLOR-BROWN WINS COMMONWEALTH TRIATHLON GOLD**

**GEORGIA TAYLOR-BROWN**, the club's Tokyo Olympian, won the Triathlon silver medal on the opening day of the Birmingham Commonwealth Games and, a few days later, she also won the Mixed Relay Gold medal exactly a year after becoming the Olympic Mixed Relay Champion.

In winning Triathlon silver, Georgia took on Bermuda's Flora Duffy and matched her in the swim and bike. They dismounted together but Duffy had a faster transition and took a five second-lead over Georgia which she just couldn't bridge. "I gave it everything but it wasn't enough to take down the triathlon queen" said Georgia

In becoming the Commonwealth Games Champion, she came out of the water with a 24 second lead, set off alone on her bike with a massive one minute lead and stormed to victory by a lengthy forty-six seconds and then dashed off to Wembley to witness the English Lionesses become European Champions and to make football history.





### AIMEE, ABIGAIL & KIRSTY BOW OUT IN COMMONWEALTH GAMES

**AIMEE PRATT** just missed out on bronze in the 3000m steeplechase in a time of 9:27.41. Her race was blown wide open right from the start as the two Kenyans and the Ugandan opened up such a big gap that it seemed the rest of the field were battling for bronze. Lizzie Bird was ahead of Aimee when the Ugandan took a heavy fall and was best placed to benefit and took the silver medal with Aimee finishing 4th

**KIRSTY LAW** bowed out 7th in the discus final. On a fabulously entertaining night she wrote, "I'm frustrated. As athletes we train so hard and sacrifice a hell of a lot for these moments. We forget to enjoy the experience and get hung up on performances"....and was off to Portugal to prepare for the European Championships.

**ABIGAIL IROZURU** Even though she'd fouled the first two jumps her season's best 6.59m in the third round was enough to qualify for the final. She was disappointed in the final because her best mark of 6.19m wasn't enough to get three further jumps and so she finished 12th overall.

### FIVE HARRIERS - COMMONWEALTH GAMES OFFICIALS

Apart from the athletes, five Sale Harriers were centrally involved with important responsibilities in delivering the very successful Birmingham Commonwealth Games.

- Life Member **DIANE MODAHL MBE** was appointed to the Commonwealth Games England Board as a Non-Executive Director and Chair the Sports Committee. She was directly involved demonstrating the very best of English sporting talent to the world and took great pleasure to host various dignitaries, VIP's and athletes in an ambassadorial capacity as well as attend the various sports. "I got the same enjoyment as I did as a former athlete" she said. "I have to say being asked by the Commonwealth Games Federation to award the medals to the Women's 800m medallist will remain a pretty special memory for life."
- JESS TAYLOR-JEMMETT** was a member of the England Athletics staff training programme in the build up to the Games. Jess is a multi-event coach at Sportcity who won heptathlon bronze at the 2014 Commonwealth Games.
- Club President **DAVID BROWN CBE** was appointed a Secretary to Jury of Appeal.
- Club Chairman **JON MASON** was a Chief Field Judge
- CAROL BROWN** was an Umpire for the Marathons

### SEUN, NICK & SHAUNNA WIN ENGLAND MEDALS

**NICHOLAS WALSH**, **SEUN OKOME** and **SHAUNNA THOMPSON** all won major medals at the EA Championships in Bedford.

- SEUN OKOME** retained his 2021 triple jump silver medal with a great leap of 15.45m, his best ever result in this Championship.
- NICHOLAS WALSH** won 100m bronze in a high pressured race as less than 0.1 covered the first four athletes.
- SHAUNNA THOMPSON** retained her Shot Putt bronze medal with a throw of 15.37m. Last year her PB of 14.23m won her the same medal! She's made massive strides in the 12 months to a PB of 15.55m achieved at the Muller British Championships.

### MOUNTAIN TOO HIGH! YDL (Lower) NORTHERN FINAL

Sale Harriers juniors travelled to York for the YDL (Lower) Northern Final. The match was between the top three Premier East & Premier West Divisions and the winners would qualify for the National YDL Final at Sportcity in September. Sale came to it as the 2020 North-West Champions, Northern Champions and National YDL Champions.

Most of the squad happened to be holiday or at the Commonwealth Game, so it turned out to be a disappointing day and hard-working **CARL WORTHINGTON** was again alone as team manager. From the club's U15 girls, only **NIAMH DOLAN** was available and just twenty athletes attended the match. Though they rallied fantastically with many doubling and trebling in unfamiliar events, scoring an impressive 317 points, the mountain was too high and they finished a disappointing 5th.

The U15 sprinters again dominated with **DAVID SHOBUNDE**, **JEFFERSON ADENUGA** and **MAX CUNNINGHAM** all gaining 1st place. They later joined teammate, **JOSHUA BLACKBURN** to compete in the 4x 100m relay and gained a respectful 2nd place. In the pole vault, **CALUM PARK** vaulted 3.20m to win maximum points and record a PB. Later he joined teammates, **LIAM O'BRIEN**, **JAMES O'BRIEN** and **MATTHEW CULLEN BROWN** to run the 4x300m relay. Other great 800m PB's were **MADLINE APPLEBY** (2.44.3) **PAIGE BROWN** (2:44.3) and **JAMES O BRIEN** (2:07.5)

The U13 boys had a clean sweep in the sprints. **MATTHEW ADENUGA** won both the 75m & 150m (A race). **KIERAN STAFFORD** won the 75m (B race) and **OLIVER HOWELL** won the 150m (B race). They then joined up with teammate **DANIEL WELLS** to win the 4x100m relay in a time of 56.47secs. The top middle distance U13 boy was **DANIEL OAKES** who ran a fantastic race to win the 1,200m in 3mins 40.44secs to rank 6th in the UK.

The U13 middle distance girls were again outstanding! In the 800m race, **BEATRIX SOPER** won the A race and **LOLA RICHARDSON** won the B race and gained maximum points. Not to be out done, **OONAGH MCMANUS** won the 1,200m A race and **CAITLIN WETTERS** won the B race. Oonagh, Lola and Caitlin then joined **LOLA BROWN** in the 4x100m relay.

Last and certainly not least, **ANGEL AMADIN** showed the potential of her older sister as the team's U13G thrower achieving a new PB in the shot.

## AUGUST

### SUCCESS, SOPHIE, LAZARUS REPRESENT GB IN WORLD U20 CHAMPIONSHIPS

**SUCCESS EDUAN** (200m & 4 x 100m), **SOPHIE ASHURST** (Pole Vault) and **LAZARUS BENJAMIN** (Pole Vault) represented GB & NI at the World Athletics U20 Championships in Cali, Colombia, the latest pinnacle in their successful careers. Sophie was further selected as the GB Team captain, a honour she also had at last year's European U20 Championships. Her dad Andy was also selected as a team coach. Andy is a Seoul Olympian who's represented GB & NI also at three Commonwealth Games (1986 Edinburgh, 1990 Auckland and 1994 Victoria) and is the Edinburgh C.G Pole Vault Champion.

- Sophie secured her qualification to the final achieving the qualifying height of 4.05m with Gemma Tutton. Just as the final started, the heavens opened with a tropical storm that forced it to be rescheduled to the following morning. Again, in a very close competition where both cleared 4.10m, Sophie finished 6th in the world on countback.
- Lazarus vaulted a below par 4.90m in the qualifying round and missed out on the final. He admitted his disappointment and said "I felt good, everything was alright. I just I didn't move up the pole quick enough. Its alright, it's what happens. Mistakes happen."
- Success, last year's European U20 200m bronze medallist, also missed out on a place in the final. Her time of 23.56 (-0.2m/s) was just outside the time required for non-automatic qualification. Said her lead coach Anita Richardson, "Success has a lot of positives to take from this and her season. She's still only 17, has had an amazing season winning the England outdoor and indoor championships and the Loughborough internationals. She was hoping to be a finalists at the Worlds but is still among the world's best"

These three athletes are entirely 'home-grown' by excellent teams at Sportcity and are a particular delight for Sale Harriers. Lazarus is coached by pole vaulters **MATT CULLEN** and **ANDY ASHURST** with **DAVE CAMPBELL** his strength and conditioning coach. Success' lead coach is **ANITA RICHARDSON** and she's also part of a great team with **CLOVIS ASONG**, a past junior GB sprint medallist and retired sprinter **PAULA DUNN** who represented GB at the 1988 Seoul Olympics and is a five time Commonwealth Games medallist and the current Paralympic Head Coach and the first female head coach appointed by UK Athletics. Sophie is coached by her dad and also by Loughborough University where she's studying. She said of her captaincy, "To captain the team feels really special, I'm very honoured. I want to bring a positive, uplifting energy for everyone and be there for the team".

The World U20 Championships provides the first glimpse of the athletics superstars of the future. Usain Bolt, Haile Gebrselassie and Dina Asher-Smith are among those who started their career at the World U20 Champs.

### DIANE MODAHL MBE AWARDS COMMONWEALTH GAMES MEDALS

Life Member **DIANE MODAHL MBE** has had many proud moments personally and professionally and she regarded the honour of being asked by the Commonwealth Games Federation to award the 800m medals to Kenya's Mary Moraa, England's Keely Hodgkinson and Scotland's Laura Muir as among the most special. The ceremony was on August 8th delayed because of an appeal.

Diane is one of Britain's most successful 800m runners who took a clean sweep of gold, silver and bronze at three Commonwealth Games (1986, 1990 & 1998) and competed at four Olympic Games. She was unbeaten by any other British athlete over six consecutive seasons and held the English, British and Commonwealth records for both 800m and 600m). She was especially inspired by the last gasp attack by Kenya's Mary Moraa to snatch the gold medal from Keely Hodgkinson and Laura Muir.

### FOURTH THEY CAME! NORTHERN PREMIER LEAGUE

The fourth and final Northern League match of 2022 took place in Blackburn in mid-August and was the all-important one to confirm how Sale Harriers fared against it's season's objective to become league Champions. Fourth they came behind champions Blackburn, West Cheshire and Team Isle of Man.

Despite several great victories, team managers again had too small a pool of athletes with all too many required to double and to treble in unfamiliar events - people like **BLAKE, TIGER-LEE BROWN** (100m & 200m), **JACOB LINGARD** (400m & TJ), **PHIL ROBERTSON** (1500m, 5000m), **CHRIS DOWNS** (400mH), **SAM EBONINE** (LJ, TJ, HJ), **SAM DEAN** (Shot, Javelin), **SOFIJA DRAGISIC WOOD** (400mH 110mH, 3000m S/C), **BRIA BULLARD** (100m, 200m), **SHAUNNA THOMPSON** (Shot, Discus) and **ANNABEL AMADIN** (Shot, Discus), **NATHAN BOOTH** and **MIA GIBBONS**

The widespread demise of technical event athletes, especially among the women, is a concern nationally as well as locally. However, Sale Harriers with its vast catchment area and long tradition of success in women's sections, currently suffers more than most. The extent to which these underlying issues are addressed will be the bed-rock for becoming Northern Champions next year.

### THIRD NORTHERN CLUB IN YDL (Upper)

Sale's U15 & U17 boys and girls ended their YDL (Upper) season as the 3rd Northern club. This followed their regional final in York. York AC were crowned Champions and Trafford were the runner's up. "It was a credible result" agreed both team managers but they also believed the squad had the possibility to become Northern Champions and to reach the National YDL Final at Sportcity in September. "It was the old 'chestnut' of far too many competitive gaps and on this occasion they were mostly among the men". Parents **LISA MASON** and **CAROLINE COLQUHOUN-LYNN** wrote of the match, "We were so impressed with everyone doing so many events".

The 'shout-outs' were especially: -

- ELLIOT SAVAGE, EVAN SAVAGE, ALEX JAMES, AKIRA EDGSON** and **ISABELLE BRYAN** who competed before travelling to Birmingham to watch the Commonwealth Games.
- LUCY** and **SOPHIE ARMITAGE** who stepped in to cover several events and performed really well in all of them.
- ALEX LEADBEATER, THEO DANQUAH** and **LEONARDO SCOTT** who did the 4 x 400m relay (as well as the 4 x 100m relay) despite having never done it before - and won!
- JOSH COLQUHOUN-LYNN** who, as well as doubling up on endurance events, also did the long jump.
- ANNABEL AMADIN** who did the 4x 400m relay as well as the 3 throws.
- HERMIONE MASON** who stepped up to do an 800m despite being a hurdler!

Summing up the squad's summer, team managers **SARAH JAMES** and **KIRSTY EDGSON** said, "Every single athlete should be extremely proud (I know we are!). You were all amazing, with some fantastic performances and many filling events outside your comfort zone, not to mention those that were going to the Commonwealth Games in Birmingham but still travelled to York - exemplary. A very big thank you to all athletes, officials, coaches and parents and here's to next year!





**LOUISE WHITTAKER WINS WORLD AQUATHLON SILVER**

Congratulations to **LOUISE WHITTAKER** who won magnificent silver in her L40 age group at the World Aquathlon Championships in Samorin, Slovakia. In 35 degree temperatures she competed in a 1000m swim in the river Danube followed by a 5k run and finished 6th overall. "It was great fun" she said. Louise qualified in June when she won the National title in Nottingham.

Many current club members will not know how prodigious a talent Louise was in her youth and whose career was blighted by repeated injuries. In 1998 at Leeds she was the U15 Northern XC Champion, beating Louise Damen who went on to represent GB in several European XC Championships and won the 2003 U20 English XC Championship and the 2011 and 2013 senior Championships. Louise also represented GB in 2003 in the U23 European 1500m Championships in Poland and in the early years of the Millennium was a key asset in the club's success in the UK Women's League and the Jubilee Cup.

**SIZZLER'S A SCORCHER**

Ambient temperatures of 80 degrees for the final Sizzler 5k of 2022 meant it wasn't an evening for fast times. Nevertheless, Chorlton's Tom Charles again dipped under 15 minutes for a magnificent 14.55. Tom will forever remember the 2022 'Sizzlers' for his first ever sub-15. Of the 44 Sale Harriers just a few beat the hot, humid conditions. **SARAH GOULDEN** was exceptional in that she was one of the few who produced a lifetime best performance of 20.27. **NICK BARRY'S** 14.57 was just short of his PB and his fastest of 2022 in helping Tom Charles to his sub 15. **ALEX BRADFORD** also ran his fastest of 2022 with 16.21.

An astonishing £923 was donated to St. Ann's Hospice' collection buckets in the twenty minutes cars took to exit the car-parks. Also, Down's Syndrome Thomas Summers ran to raise funds for his Cheshire Penguins Swimming Club and eventually presented them with a brilliant cheque of £1250.

**FECHIN Mc CORMICK 'AU REVOIR' TO SIZZLERS**

**FECHIN MC CORMICK** bade farewells to his Sizzler 4 x 5k series after twenty-one years. He launched them in 2002 as a legacy to the Manchester Commonwealth Games and has been their race director since. In that time, they've raised in the region of £1/4 million for Sale Harriers. Further, since 2014 a bucket collection as cars exited the car-parks after each race, has raised a staggering £23,651.29 to support St. Ann's Hospice work of caring for people with life-threatening illness.

For each of his 21 years he's also successfully negotiated a headline sponsor that's amounted to about £100,000 - no mean feat in difficult financial circumstances and yet a further £80 - £100,000 to fund the very popular goody-bags that were an integral part of the races until Covid-19 forced their suspension in 2021.

Said Fechin, "These races would be impossible without the amazing team of loyal and committed Sizzler volunteers many of whom have been a part of the Sizzler team from the beginning. We're all getting older! It's time the club's younger generations stepped up to the mark to safeguard the long-term future of this club flagship event that raises so much for the club and contributes so much to the NW running community. As soon as a new race director with a younger core team are in place, we'll continue giving the Sizzlers our continued support".

**ANNABEL AMADIN DOUBLE NORTHERN CHAMPION**

**ANNABEL AMADIN**, achieved her latest career pinnacle by becoming the U17 Discus and Shot Putt Champion at August's Northern Athletic Championships at Wavertree. She sent the discus sailing out to 42.12m with a Championship Best Performance that smashed the long standing previous record set by Jayne Thornton of Longwood Harriers way back in 1985.

She still wasn't finished and went on to win the Shot Putt with a throw of 14.84. Annabel is coached at Sportcity by **BOB GAISIE** and has made astonishing progress since she started aged 13 and ranks No.2 in the UK. This year she's added these latest titles to earlier in the year becoming the Northern U17 Indoor Shot Champion in January and the senior & U20 Shot Champion and Discus silver medallist in June. What a star!

Her double titles were just two of five won by Sale Harriers and two further silver medals

- Sprinter **LEONARDO SCOTT**, a Sale Harrier since age 11 and a member of the successful sprint team at Sportcity achieved his finest moment in athletics to win the U17 100m title.
- Pentathlete **FREYA DOCKERTY** also had her finest moments in her athletic career by becoming the U17 80m Hurdles Northern Champion and 100m silver medallist. Freya is coached at Sportcity by **JESS TAYLOR-JEMMETT**, the 2014 Commonwealth Games Heptathlete bronze medallist.
- **MARTINS OGEDENBE DOBIES** also had an amazing championship to win the U17 High Jump with a magnificent PB of 1.96m. Martins began high-jumping just 2 year's ago and has progressed from 1.76m to rank 4th in the UK. He's also the Northern Indoor Silver medallist and Gr. Manchester Champion.
- **ALEX LEADBEATER** won the U17 200m silver medal. Again this is a career pinnacle. He'd just joined Sale Harriers at the time and is the Cheshire County and Schools 200m Champion
- U13 **DANIEL OAKES** produced the 17th fastest 800m time in the UK in finishing 4th.

**LOTSA FUN AT STARTRACK**

During the first and the third week of August, 120 children took part in Startrack at Crossford Bridge. Over the course of each week, coaches from the Sale Harriers Primary Section guided the children in a host of different running, jumping and throwing events, as well as enjoying lots of games and fun activities.

On the Friday of each week, the young athletes were put into teams which competed against each other in several athletics events, before taking part in the legendary 400m obstacle relay race!

At the end of each week the participants were presented with medals, PB sheets listing all their performances and a goodie bag to take home.

Startrack has been run for over 30 years during the school summer holidays and is open to all children in the area. Watch out for it next August!



**SIX REPRESENT GB IN EUROPEAN CHAMPS & JONA EFOLOKO WINS RELAY GOLD**

**JONA EFOLOKO** won GB 4 x 100m Gold medal at the European Athletic Championships in Munich. He took the 3rd leg, ran a brilliant bend and provided Mitchell-Blake with a metre buffer, allowing him to storm to the title and the Gold medal. He now adds this to his Commonwealth Games Silver medal and the World Championships Bronze medals. He was one of six Sale Harriers who represented GB & NI at the Championships.

**AIMEE PRATT** qualified for the 3000m steeplechase final in 4th with a confident performance as did her colleague Lizzie Bird, the one she's traded the British record with throughout the summer, "I just did the bare minimum and now I'm excited for the final" she said. Unfortunately, it didn't come together as she'd hoped and her early season objective to medal in this Championship faded in the second half when a group of five broke away that included Bird and Aimee. Bird kept herself in the medal places over the final few laps whilst the gap between her and Aimee widened with Lizzie winning the bronze medal and Aimee in 7th in a time of 9:35.31.

**REYNOLD BANJO** qualified for the long-jump final by leaping out to 7.75m in his 2nd jump. Because he fouled his 3rd jump he said, "It was a nerve-wracking wait after I'd fouled to see if I'd make the final" He finished 10th with a best of 7.66m

**ABIGAIL IROZURU** didn't make it to the long-jump final and bowed out in her heat with a best of 6.15m.

**KIRSTY LAW** had hoped to reach the Discus final. Her team-mate qualified with 57.68m, a distance Kirsty had thrown just a week earlier in Portugal. The best she could do, though, on this occasion was 54.83m which wasn't good enough. "This season has definitely not gone to plan but I'm very proud to have made 2 major championships representing both Scotland and Great Britain" I'm ready for a break, get the fire back and return bigger, better and stronger next year"

**DARREN CAMPBELL** MBE the club's multi Olympic, World, European and Commonwealth Games sprint and relay champion between 1991- 2006 was selected as the sprint relay coach.

**HERMIONE MASON & JASMINE RICHARDSON REPRESENT ENGLAND**

**HERMIONE MASON & JASMINE RICHARDSON** achieved a career pinnacle making their England debut at the Welsh U20 Home International in Swansea. Competing against Scotland, Wales, Ireland and teams from England North & South, Hermione competed in the 400m Hurdles and 4 x 400m and Jasmine in the Hammer. Both did brilliant with Hermione 4th in the hurdles and 2nd in the relay and Jasmine 3rd in the Hammer. Both girls have been friends and team mates since aged 13 and have made valuable contributions to the club's YDL success through the years.

**MATT BARNES & KATHY WELLMAM REPRESENT GB IN EUROPEAN TRIATHLON CHAMPS.**

**MATT BARNES** won the M45 silver medal and **KATHY WELLMAM** was 14th in her L40 category at the European Age Group Sprint Triathlon Championships in Munich. For Matt, it came on top of his silver medal at June's World Triathlon Championships "It came down to the run" he said, "where I pulled away from the rest of the chasing pack with the fastest run split of the day."

**KATHY WELLMAM** was 15th in her category. For more than 20 years Kathy has been a big asset to the club's T & F team competing over 800m, 400m and 400m hurdles. Over much of that period, she's travelled the world and Europe on the ITU International and ETU European Triathlon and Aquathlon circuits. She made her first podium in June winning GB silver at the World Triathlon Age-Group Sprint Relay in Montreal.

Matt has had a distinguished early career in Modern Pentathlon. In more recent years, he's turned to Masters Triathlon and this M45 silver medal is his 4th podium. He won M40 bronze in the 2017 ITU World Triathlon Grand Final in Rotterdam, M40 silver at the 2018 Glasgow ETU Triathlon European Championships and in June 2022, the M45 silver at the 2022 World Triathlon Sprint & Relay Championships in Montreal.

**MEGAN DAVIES REPRESENTS SCOTLAND - AGAIN**

**MEGAN DAVIS** represented Scotland for the 2nd time this year, this time in the Podium 5k Home International in Cardiff. She was one of seven Scottish athletes selected and they finished 2nd nation. Megan was 3rd for Scotland in 16.20. Well done! Megan.

This was Megan's 4th Scottish representation, twice in cross-country at the U20 Euro Cross Challenge Trials in 2016 & 2017 and earlier 2022 over 3000m on the track at May's Loughborough International.

**JOHN ARCHER'S A M70 WINNER**

**JOHN ARCHER** is the club's superfast M70 runner. In August's Birchwood 10k his 47.19 left in his wake almost 2/3rd of the 300 finishers half his age. This wasn't his fastest 10k of 2022 either. He was almost a minute faster in January's Garstang 10k when he ran 46.45 John is a tireless racer over numerous distances and in 2022 he was 1st M70 in the Tatton Park 10k's, Pilling 10k and Morecambe 10k. Keep it going, John!





### SALE PROMOTED TO PREMIERSHIP

Sale Harriers will return to Premiership athletics in 2023 for the first time in a decade when it won the National League's Championship Cup Final in Bedford in late August. A memorable weekend packed full of exciting athletics and fantastic club atmosphere showcased the club at its very best and was undoubtedly the year's highlight!

The journey began with the coach bound for Bedford unusually packed with a largely youthful U20 talented and exciting team. In it also were the club's T & F officials, several overseeing coaches and supporting parents like **RACHEL MC HUGH**, **ANITA RICHARDSON** and **DAWN BENJAMIN** all endowed with the responsibility to post live updates and photos of the match on social media. Team managers **DAVE MARSH**, **LUCY EVANS** & **JAMES BAILEY** ensured there were hardly any competitive 'gaps', the blight so often of club success. On the coach Dave's promotional 'battle-cry' was that we must at all costs beat Tonbridge AC. With Crawley AC and Chelmsford AC already assured of promotion, Tonbridge was likely to be Sale's nemesis.

The team packed out the Holiday Inn for the overnight stay and Sale Harriers team spirit was at its best as many gathered around the foyers telly rooting for **AIMEE PRATT** in her bid for a medal in the European Championships 3000m steeplechase.

The early announcements that echoed across the Bedford track to the sun-drenched parched throws field beyond, proclaimed Sale Harriers already had an early lead. By mid-day the updates were of a 17 point lead over Chelmsford and Crawley. More to the point, Tonbridge AC were languishing in 4th. This was thanks to magnificent top notch performances from the likes of **WILLIAM SCHOFIELD** (Discus), **MADDISON VERNON**, **SASHA BYROM** & **LAURE KIDLULA** in the Sprints, **ALEX BRADFORD** (3000m S/C), **STEPHANIE JONES** (Long Jump), **HERMIONE MASON** (400m Hurdles), **DAVE PROCTOR** (800m), **ADEOTIMIWA OLADITI** (800m), **IZZY BURKE** (800m) and **JACOB LINGARD** and **SAMUEL EBONINE** who also PB'd in the 400m and Long Jump (resp.).

Then there were those who won maximum team points with great victories like **ELLISE FRYER-FRANCIS** who won the long jump with a PB and who competed in several other events, **SHAUNNA THOMPSON'S** big win in the Shot, **KAMEL BENISSAD** in the Discus, **TESS MC HUGH** in the 400m Hurdles, **NICHOLAS WALSH** in the 100m and sprinter **MIA GIBBONS**, who'd stepped in to the 800m at short notice despite not having run the distance for four years, and went and won it surprising even herself. Everyone scored priceless points **CAMERON DUFF** (400m), **ROBBIE RIGBY** (3000m), **SHONA WILKINSON** (Pole Vault), **TALENDA TRUMBA** (100m) and **RACHEL PUGH** (Discus & Hammer) who'd travelled all the way from Inverness in Scotland.

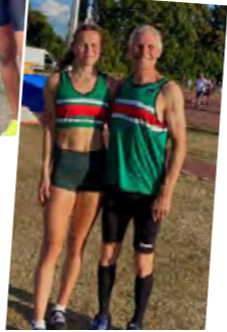
Through the afternoon Sale Harriers looked like Cup winners and a near certainty for promotion to the top flight of athletics as repeated announcements proclaimed the club to be in the lead with Tonbridge repeatedly in 4th place. Victories and top three places kept coming thanks to the likes of **BLAKE TIGER-LEE BROWN** and **MARCUS MC CLEAN** in the 200m, **JASMINE RICHARDSON** in the Hammer, **ELLISE FRYER-FRANCIS** and **STEPHANIE JONES** in the long jump, **SEUN OKOME** in the triple jump, **MEGAN DAVIES** in the 3000m, **LAURE KIDLULA** in the 400m, **MARCUS MC CLEAN** in the 200m, **HARRY LORD** & **KAMEL BENISSAD** in the Shot, **ANNABEL AMADIN** in the Discus, **ROSIE SEMENYTSH** (Javelin) **ANDY ASHURST** (Pole Vault), **BEN BRUNSWICK** & **ALEX JAMES** in the 1500m and **BETHANY WOODHEAD** (High Jump),

People like **SAM EBONINE** and **TOLU ADEJEMI** who PB'd in the High Jump and **OLIVIA RUSSELL** & **OLIVIA NOLAN** in the 2000mS/C all ran their hearts out to lifetime best performances. Even many of those disappointed with their performance like **PHIL ROBERTSON** and **ROBBIE RIGBY** (3000m), **SARAH GOULDEN** (3000m) and **GEORGIA HEATH** (1500m) it was often because they were prepared to 'die' the death of lactate poisoning in pursuit of victory over their Tonbridge rivals.

Pole Vaulter **SOPHIE ASHURST**, who'd easily won her competition, was still trying for a PB when the victorious team gathered for the team photo with the Championship Cup held aloft. No way could it be taken without the club's stalwart champion and World's U20 sixth placer from the recent Championships in Colombia, so the team waited and rallied around her from the track to cheer and clap her attempts for a PB. The scene captured Sale Harriers finest team spirit!

For every T & Fevent, club's must provide a quota of officials and **AYO SHONIBARE**, **FRANK CORDINGLEY**, **FECHIN MC CORMICK**, **IAN SCHOFIELD**, **BRIAN GOULDEN** and **JAMES BAILEY** were the club's representative awarded the maximum forty-five points towards the overall team result and so massively contributed to the day's victory and promotion.

It was well done to everyone both on the day and to those who were a part of the journey through the summer especially the team managers. Watch the numbers who'll now want to join Sale Harriers as a Premier Division club!



### SCARLETT, FREYA & SEREN ARE NORTH-WEST COMBINED EVENTS STARS

Three of Sale Harrier's multi-eventers competed at late-August North-West Combined Events Championships at Wavertree.

- **U23 SCARLETT WHITTAKER**: Of her seven events she won the 100mH and 200m, was 2nd in the 800m and 3rd in the long jump. Overall she scored a heptathlon points total of 3964 points, slightly lower than her PB of 4188 points a few weeks earlier at the University of Birmingham T & F Festival. Scarlett is a top ranked UK athlete in her age-group.
- **U17 FREYA DOCKERTY** scored 3905 points for 4th place. This was slightly down on her best of 4212 at the England Schools NW Regional Combined Events at Blackburn in early summer.
- **U17 SEREN REDFERN** scored 3624 points for 6th place. She also achieved her lifetime best score at the same England Schools NW Combined Events at Blackburn.

The club's multi-eventers deserve special mention because they contribute so much to the club's success in leagues and championships. Well done, girls and thanks for your valued contributions throughout 2022.

### CLUB MEDALS & RECORDS AT U15 & U17 ENGLAND CHAMPIONSHIPS

The England Athletics Championship season at the end of August ended on a high for five young Sale Harrier's in their U15 & U17's Championships in Bedford.

- **ANNABEL AMADIN** became the England Athletics Shot-Putt Champion and the Discus silver medallist. With a SB throw of 15.21m in the Shot, she easily got the better this year of Glasgow's Megan Porterfield who pushed her to last year's silver medal. Her latest achievement came just a few weeks after becoming the double Northern U17 Shot & Discus champion with a CBP. She's now just 04cms away from taking the UK's No.1 position from Megan Porterfield! She's made great progress also in the discus throughout 2022 improving her PB to 43.70m achieved in the Northern League at Wigan in July.
- **THEA BROWN** became the U17 EA 200m Silver medallist with a PB of 24.59 losing out only to the European U18 Champion! This was quite an achievement for the club's multi-eventer who's in the 1st year of this age-group. She adds this to last year's EA U15 high jump title and a number of other major successes throughout 2022. These include breaking the club's U17 Heptathlon record that had stood since 1996 and the U17 80m Hurdles club record.
- Though still only 14, **OSCAR SCHOFIELD** won the U17 3000m silver medal with a PB of 8.24.09 and his race was one of the Championship highlights. Both he and the race winner (England Schools 1500m Champion Henry Dover) in the exciting finish broke Jonathan Richards' 3000m record of 8:26.92 that has stood for 42 years since 1980! He also smashed by 11 seconds the club's 3000m record held by James Philippson since 2003.
- **MARTINS OGEDENBE DOBIES** won the U17 high jump bronze medal and adds it to his 2022 EA Indoor Championship title and the 2022 Gtr. Manchester Schools and County Titles. These are remarkable and quite exciting awards for a young man who joined Sale Harriers and started high jumping only last year.
- **PANAGIS ZAPANTIS** won the U15 Pole vault bronze medal. Again, in just his first year with Sale Harriers he's made fantastic progress to become also the 2022 U15 EA Indoor PV bronze medallist and the U15 Gtr. Manchester Schools and County Champion
- Congratulations also to multi-eventer **FREYA DOCKERTY** who produced superb PB's in the U15 80m heats (11.55) and the 100m heats (12.45)

### NIGEL MARTIN REPRESENTS ENGLAND - AGAIN

**NIGEL MARTIN** and **NICK BARRY** had much to celebrate in the Antrim Coast Half Marathon. Nigel again represented England and, in an elite field of Ethiopians, Kenyans and Britain's elite, he was 9th male in 1:04.38, just outside his best of 1:04.10 achieved in the 2019 Gt. North Run.

What a weekend also for **NICK BARRY** selected into the elite start. He recorded a three minute PB for a super 66.27. In his 12 years of competing over the distance, he's now improved from 73/74 minutes to 66 minutes!

**MAXIMILIAN KIDD-ROSSITER** competed in the main race and recorded a PB of 75.16 that was his fastest of 2022. Nigel also represented England in last year race when he finished 5th in 63.21 but the course was deemed 57 meters short. Said Nigel, "I was hoping for another 63min, but the times weren't quite there this year. However, the race was once again brilliantly run and hosted and finishing as I did was a good confidence boost for the big target 6 weeks away".

Nigel will make his GB & NI debut at the IAU European 50k Championships in Spain in October selected on his 2:15.19 in May's Manchester Marathon.



### ENGLAND 5k CHAMPIONSHIPS

Sale's 1st man and 1st woman in the England 5k Championships incorporated into the Kingsley 5k were **JOE GODWOOD** (15.23) in 48th place and **ALICE WRIGHT** in 17.56. Well done, guys!

Of the 16 Sale Harriers who took part, 14 ran their fastest for 12 months. **HELEN ARMITAGE** was 1st L45 in 19.01 and four recorded fantastic PB's. Well done to

- **STEVE MC CARRON** (16.31): A one second PB on Kingsley 2019.
- **BEN REES** (16:58): First time under 17 minutes
- **LAURA MARTIN** (18:54): First time under 19 minutes.
- **SOPHIE ARMITAGE** (21.47). A big PB of 25 seconds

Twenty-eight men dipped under 15 minutes and eleven women dipped under 17 minutes!

### DUNN'S DONE IT IN 100km

It's incredible what people do to fathom their physical, physiological and emotional boundaries!

At the end of August, **ROBERT DUNN** competed in the iconic UTMB CCC 100km race which has around 6100 metres of climb. It started at 09:00 in Italy (Courmayeur), passed through Switzerland and then finished in France (Chamonix)! It attracts the world's best ultra-marathoners and after years of following the events from afar Rob decided to be a part of it. He gained enough qualifying points from his other ultra marathons to enter the ballot and was successful at the second attempt.

His first goal was to finish the race, the second to get somewhere around 17 hours. He was on track but 15 miles from the finish he could no longer stomach his energy drinks or gels and a knee issue dramatically slowed his descents but he was determined to finish and finally crossed the line just after 3am in 18hrs 11mins, 535th out of 2113 runners.

He said "Chamonix is a beautiful town surrounded by amazing views of the snow tipped mountains and the UTMB has various races throughout the week for everyone (290km/170km/145km/100km/50km/40km/20km) so if you ever get the chance I'd recommend it!"



# SEPTEMBER

## FOUR UK SCHOOL GAMES CHAMPIONS

**ANNABEL AMADINS, MARTINS OGEDENBE DOBIES, OSCAR SCHOFIELD** and **THEA BROWN**, four young club stars who became England Champions and medallists in August, are now also 2022 UK Schools Games Champions and one the UK School Games silver medallist.

**ANNABEL AMADIN** became the U17 Discus Champion and ended her brilliant year as the UK's No.3. Among her 2022 success were.....

- The ESAA England Schools and SIAB Schools Shot Putt Silver medallist,
- The Schools Games Discus Champion
- The Northern Indoor and Outdoor Shot Putt Champion
- The Northern U17 Discus Champion,
- The Gtr. Manchester County & Schools Shot Putt Champion.

**MARTINS OGEDENBE DOBIES** became the U17 Schools High Jump Champion and is another of the club's pride and joy. In the 13 months with Sale Harriers he's risen to 3rd in the UK as:-

- The 2022 EA U17 indoor and outdoor high jump champion,
- The Gtr. Manchester County & Schools Champion
- The Northern Athletics Champion and indoor silver medallist.

**OSCAR SCHOFIELD** became the U17 3000m Schools Games champion. This was just two weeks after he'd smashed the British Championships 3000m record that had stood for 42 years since 1980. His summer didn't end there. Read on for more of his amazing achievements and record breaking in 2022.

**THEA BROWN** won the U17 200m silver medal. Her amazing 2022 still didn't end there either. Read on .....

## BRITISH MILERS CLUB -2022 OVERVIEW

The British Milers Club (BMC) host a number of Grand Prix, Gold Standard meetings and monthly meetings at Trafford AC that provide valuable top level competition for the club's middle distance section. Those who achieved PB's in them in 2022 were:-

### BMC Grand Prix Birmingham (May)

**SHAUN GEE** 800m 1:49.36 (SB)      **BEN BRUNSWICK** 3:52.23 (SB)  
**NAJIB HASSAN** 1500m 3:47.05

### BMC Grand Prix Sportcity (May)

**MEGAN DAVIES** 1500m 4:15.57      **AKIRA EDGSON** 1500m 4:34.53

### BMC Grand Prix Watford (June)

**MEGAN DAVIES** 800m 2:08.60

### BMC Grand Prix Trafford (July)

**NAJIB HASSAN** 800m 1:49.51      **DAVE PROCTOR** 1500 3:49.51 (SB)  
**OSCAR SCHOFIELD** 1500m 3:53.16      **BEE CORDINGLEY** 3000m 10:30.43

### BMC Grand Prix Trafford (August)

**ADETOMIWA OLADITI** 800m 1:51.62      **BEN BRUNSWICK** 800m 1:50  
**WILL ONEK** 800m 1:49.58

### BMC Gold Standard Trafford (April)

**ELLIOT SAVAGE** 1500m 3:56.87      **WILLIAM ONEK** 1500m 3:55.08 (SB)

### BMC Gold Standard Trafford (July)

**ELLIOT SAVAGE** 800m 1:49.93      **LAURE KIDUKULA** 800m 2:17.07 (SB)

### BMC Gold Standard Watford (August)

**DAVE PROCTOR** 1500m 1:50.24

### BMC Grand Prix Trafford May

**AKIRA EDGSON** 3000m 10:21.88      **PHIL ROBERTSON** 3000m 8:42.34

### BMC Grand Prix Trafford June

**PHIL RICHARDSON** 3000m 9:18.77      **JOSHUA RODGERS** 800m 2:29.66  
**AKIRA EDGSON** 800m 2:17.30

### BMC Grand Prix Trafford July

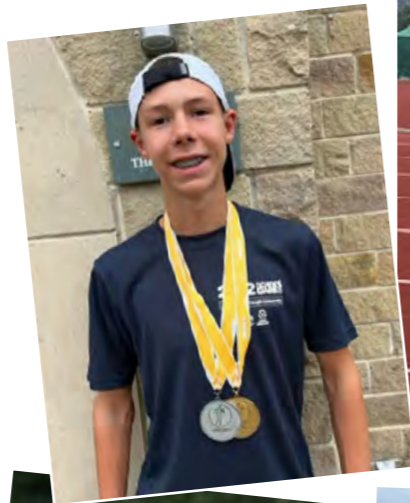
**ADETOMIWA OLADITI** 400m 51.00      **SARAH GOULDEN** 1500m 5:38.14

### BMC Grand Prix Trafford August

**PHIL RICHARDSON** 800m 1:59.68      **OLIVIA NOLAN** 800m 2:32.17 (SB)  
**ALEX FRASER** 80m 2:13.05      **CHARLIE HOBSON** 1:54.84 (SB)  
**ISABELLE BURKE** 800m 2:09.81      **NINA ALLMARK** 800m 2:26.80  
**ALEX FRAZER** 1500m 4:34.80      **GEORGE NOBLE** 1500m 4:24.94  
**ROBERT RIGBY** 3000m 9:27.96

## DEATH OF QUEEN ELIZABETH II

Queen Elizabeth II, the UK's longest-serving monarch, died at Balmoral aged 96 after reigning for 70 years. Her death triggered ten days of national mourning which, apart from unprecedented pomp and ceremony, saw historic scenes throughout the nation of heart-broken loyal subjects from throughout Britain, the Commonwealth and the world queuing for hours to say thank you, to mourn, to remember and to say good-byes. Following Scotland's farewell she was taken to Westminster Great Hall for 3 days of National mourning before her State funeral at Westminster Abbey and interment at Windsor Castle. Rest in Peace!



## JESS IS ENGLAND TEAM COACH

**JESS TAYLOR-JEMMETT** was selected by England Athletics as the women's team coach for the Northern Ireland & Ulster Combined Events Championships at Mary Peter's Athletics Track in Belfast. The club's top multi-event coach and 2014 Commonwealth Games Heptathlon bronze medallist is based at Sportcity.

## ANNE'S A TIREE LEGEND

**ANNE CHINOY** completed her first Ultra Marathon, running 35 miles around the circumference of the Isle of Tiree in the Inner Hebrides and was 4th female, 1st veteran female and became a Tiree Legends. The race started in 48mph winds and driving rain and finished in glorious sunshine. The terrain was challenging with a third on the beach, a third on extremely boggy fell and a third on road...."a really hard, but an epic adventure" she described it.

## SCARLETT & DANIEL COMBINED EVENTS STARS

**SCARLETT WHITTAKER** was 1st U23 and **DANIEL OAKES** a tremendous 2nd in his first ever Pentathlon. Aged just 13 at mid-September's Trafford Combined Events Classic he scored a super 1663 points. Both had a great 2022, their achievements recorded throughout this magazine.

## YOUNG ATHLETES WIN BIG IN NW RELAYS

Many of the club's young athletes in the North-West Relays at Ormskirk brilliantly launched their cross-country season. (It incorporated various county championships). This was also the Primary aged athletes' first opportunity to represent their club at championship level. **OOONAGH MC MANUS** and **IZZY HALL** won selection to represent the North-West in the London Marathon mini-run a few weeks later. The most successful primary aged teams were.....

1. **LUCY O'BRIEN, ALICE HORSFALL** and **EVE DOWLING** won the Cheshire U11 title.
2. **HOLLIE MC HUGH, FLO CONNELLY** and **ISLA QUINN** were runners-up in the Gtr. Manchester Championship.
3. The U11 boy's **JOSH HOWELL, HARLEY THOMAS** and **TIM ASHURST** were Gtr. Manchester silver medallists.
4. The U13 girl's **GRACE HILL, MADDY APPLEBY** and **OOONAGH MC MANUS** won the Gtr. Manchester title.
5. The U15 girls **IMOGEN HILL, IZZY HALL, MADDY HOLT** and **HANNAH SQUIBBS** were Gtr. Manchester bronze medallists.

## EXTREME MOUNTAINEERS

Ten Sale Harriers joined some of the world's best skyrunning athletes to compete in the Pirin mountain ultra marathon in Bulgaria's UNESCO World Heritage National Park. **ELTON DAVIES, AIDAN RAFFERTY, PETE SHIPLEY, OLLY GAILLEMIN, RICHARD BROWN, MIKE ASHBY, HUMBERTO ABREU, ROB DUNN, PAUL BARRETT, DUNCAN HILL** and team manager **RICHARD EDWARDS** opted for the Pirin Extreme 38K, a highly extreme route, taking runners to one of the most technical and demanding sections in the Pirin mountains..... and they returned home with the team prize.

## NIGEL WINS AT LAKE VYRNWY

**NIGEL MARTIN** celebrated a great win in the Lake Vyrnwy HM as he continued to build towards his GB & NI debut at the European 50km Championships. He took the win from Callum Rowlinson in 65.54. Though not his fastest time (that's 64.10 from the 2019 Gt. North Run), it was his best half marathon of 2022, won just a few weeks after he'd represented England at the Antrim Coast Half Marathon

**DANIEL KASHI** recorded a great PB of 68.06, twenty-five seconds faster than his previous best the Wrexham HM.

## THEA BROWN - ESAA HEPTATHLON CHAMPION

What a weekend for **THEA BROWN!** At the ESAA England Schools Combined Events Championships at Bedford, not only did she win the England Schools National U17 Heptathlon title whilst still a year young but she did it in exceptional style with PB's and new club records.....

At the end of the two days of competition she came away with five PB's from seven events - PB's in the 80m Hurdles (11.14), 800m (2:34.15), high jump (1.80m), Shot (11.23m), 200m (24.46) giving her a Heptathlon score of 5030 points which was also a PB.

Her PB's in the 80m Hurdles, High Jump and Heptathlon are also three new club records. (She already owns the 80m Hurdles and Heptathlon) finally smashing Chloe Cozens long standing U17 high jump club record of 1.79m which has stood since 1996.

To top it off, she was selected to represent England at the ESAA International Pentathlon in November. Take note of Thea's 2022 incredible achievement and records throughout the pages of this magazine

A big well done also to **FREYA DOCKERTY** and **SEREN REDFERN**. These two multi-eventers are gold-dust to Sale Harriers in its summer T & F Leagues.

## PODCASTED JONA EFOLOKO

**JONA EFOLOKO** featured in a podcast in which he discussed his journey from junior to senior success having enjoyed a phenomenal break through in 2022 in which he medalled at all three major championships (featured in this magazine) - 4 x 100m gold at the Birmingham Commonwealth Games and the European Championships and bronze at the World Athletic Championships.

He said "It was definitely a goal to go to each one and potentially medal, and to have done so is a great achievement.

On the atmosphere at the Alexander Stadium for the Commonwealth Games he said, "The Stadium was the best I've ever been in. I've never seen a stadium so packed for athletics.... when we competed, it was surreal.....in football they say the crowd is the 12th man, and I now understand that".

## TRAFFORD MEDAL MEETS ROLL OF HONOUR

Take a bow, U11, U13 and U15's who recorded fantastic PB's or best of 2022 at one of Trafford Medal Meet during 2022. The top ten were.....

1. U13 **OOONAGH MC MANUS** recorded 3:52.87 for 1200m at the August's Medal meet that ranked her 4th in the UK. She was later selected to represent GB in Biathlon at the European Championships in Greece (October).
2. U15 **NIAMH DOLAN** improved her 75m Hurdles PB of 11.79 set at May's Medal meet to a new best of 11.76 that places the Gtr. Manchester Schools Champions 24th in the UK.
3. U15 **LILY OLDALE** PB'd in the Javelin at April's meet with 40.91m, then went on to throw 41.00m at the YDL (Lower) to break the club's javelin record held since 1987 by **SHELLY HOLROYD**.
4. U13 **BEATRIX SOPER'S** 1200m time of 3:54.85 ranked her 7th nationally in her age group and No.1 as a Primary athlete over 1200m. Beatrix has had a great 2022.
5. U15 **ALEX FRASER** ran 800m and 1500m PB in August's medal meets. He also ranked 13th in the UK for his 17.23 in the Stretford Parkrun.
6. U13 **SIENNA JONES** ranks 5th in the UK for 600m indoor. She's also recorded a great 1200m PB of 4:06.69.
7. U13 **EVA ANWYL'S** 10.04 for 75m August's Trafford Meet ranked her 6th in the UK.
8. U15 **MARIA RAYKOVA'S** had a great year of PB in the Javelin, Discus, Shot and Hammer.
9. **LUCY, LIAM & JAMES O'BRIEN** had a fantastic 2022. Lucy's 2:03.06 over 600m at August's meeting was brilliant as were Liam's 80m hurdles (13.16) and James 800m (2:07.04) at July's YDL.
10. U11 **HOLLIE MC HUGH** 600m 2:00.93      U11 **DANIEL TOPPING** 600m 1:55.70  
 U11 **HOLLIE MC HUGH** 150m 24.60      U11 **DANIEL TOPPING** 75m 11.90  
 U11 **JOSHUA HOWELL** 600m 2:10.53      U11 **SUMMER HOLT** 75m 12.83  
 U11 **ISAAC WRIGLEY** 150m 22.90      U11 **TOBY HARRISON** 600m 1:57.01  
 U11 **ISAAC WRIGLEY** 75m 11.26      U11 **LUCY O'BRIEN** 600m 2:03.06  
 U11 **ISAAC WRIGLEY** Long Jump 3.85m      U11 **JOSHUA HOWELL** 150m 26.00  
 U11 **NOAH ROURKE** 150m 24.78      U11 **JOSHUA HOWELL** 600m 2:10.53  
 U11 **NOAH ROURKE** 75m 11.92      U11 **NOAH ROURKE** 150m 24.12  
 U13 **SIENNA JONES** 800m 2:30.83      U13 **ISAAC ROURKE** 75mH 15.94  
 U13 **SIENNA JONES** 1200m 4:06.69      U13 **ISAAC ROURKE** HJ 1:32m  
 U13 **OLIVER HOWELL** 150m 20.89      U13 **ISAAC ROURKE** 1200 4:18.65  
 U13 **OLIVER HOWELL** 150m 20.89      U13 **LOLA RICHARDSON** 800 2:33.70  
 U13 **OLIVER HOWELL** 800m 2:28.39      U13 **LOLA BROWN** 800m 2:50.35  
 U13 **EVA ANWYL** 70mH 11.81      U13 **BEATRIX SOPER** 1200 3:54.85  
 U13 **EVA ANWYL** 75m 10.04      U13 **GRACE HILL** 1200m 4:16.88  
 U13 **EVA ANWYL** 75m 10.04      U13 **CAIT. WETERS** 1200 4:17.38  
 U13 **EVA ANWYL** 150m 20.49      U13 **ROXY MC HUGH** 70mH 12.36  
 U13 **RUBY LANGFORD** 800 2:54.54      U13 **ISAAC WRIGLEY** 75m 11.27  
 U13 **PHOEBE CARROLL** 1200 4.18.0      U13 **KIERAN STAFFORD** 150m 21.48  
 U13 **PHOEBE CARROLL** 800 2:47.38      U13 **KIERAN STAFFORD** 75m 10.52  
 U13 **OOONAGH MCMANUS** 800 2:24.86      U13 **KIERAN STAFFORD** 150 21.31  
 U13 **OOONAGH MC MANUS** 1200 3:52.87      U13 **DANIEL WELLS** 75mH 14.93  
 U15 **JOSHUA BLACKBURN** 100m 11.77      U15 **KAI FALLOON** 300m 45.05  
 U15 **JOSHUA BLACKBURN** 200m 25.67      U15 **MADISON HOLT** 300m 45.2  
 U15 **ALEX FRASER** 800 2:13.05      U15 **MAD. GILLHAM** 800 2:38.10  
 U15 **ALEX FRASER** 1500 4:34.80      U15 **ELEANOR ROURKE** HJ 1.31m  
 U15 **CHARLIE BUMSTEAD** 800m 2:25.56      U15 **ELEANOR ROURKE** Shot 7.68m  
 U15 **IMOGEN HILL** 800 2:23.98      U15 **HANNAH SQUIBBS** 800 2:29.67  
 U15 **NIAMH DOLAN** 75mH 11.76      U15 **M. RAYKOVA** Javelin 24.43m  
 U15 **NIAMH DOLAN** 100H 13.00      U13 **LILY OLDALE** Javelin 40.92m  
 U15 **NIAMH RIDLER** 200m 27.45      U15 **IZZY HALL** 800 2:30.03  
 U15 **LIAM O BRIEN** 1500 4:45.12      U15 **MAX CUNNINGHAM** 200 26.96  
 U15 **LIAM O BRIEN** 80mH 13.16      U15 **MAX CUNNINGHAM** LJ 4.33m  
 U15 **ALFIE DICKS** 100 12.22      U15 **MAX CUNNINGHAM** 100 12.63  
 U15 **JOSHUA DOYLE** 100m 13.45      U15 **JOSHUA DOYLE** LJ 4.50  
 U15 **MATT CULLEN-BROWN** 800m 2:38.99      U17 **GEORGE NOBLE** 1500m 4:24.74  
 U20 **ALEX JAMES** 3000m 9:07.61      U17 **GEORGE NOBLE** 800m 2:11.4  
 SEN **NICK TYNAN** 3000m 9:05.39

NORTHERN 6 & 4 ROAD RELAYS

Newcomer, CHRIS FIELDING set a high standard on the first stage of the Northern 6 Stage Road Relay Championships at Sportcity. Colleagues JAMES WIGNALL DANIEL KASHI, TOM STEPHENSON, PHIL ROBERTSON and JOE GODWOOD also followed in great style to bring the 2019 silver medallists home in 15th place from the 106 competing teams.

Our women were 7th, their best result since they were silver medallists in 2015. LUISA CANDIOLI (no longer a Sale Harrier) was well supported by HELEN ARMITAGE, her daughter LUCY and RACHAEL ROZHDESTVENSKA. The section also turned out a B and C team.

The U15 boys JAMES O'BRIEN, ALEX FRASER, FINLAY GODDARD were 8th and the U17 boys GEORGE NOBLE, JOSH COLQUHOUN-LYNN, FINLAY DAY were 13th, very consistent performances with recent years.

The U13's were 5th thanks to great running from ever reliable GRACE HILL, BEATRIX SOPER and OONAGH MC MANUS. The U17's trio of ISABELLA APPLEBY, JASMINE REED and SOPHIE ARMITAGE were 12th and the U15 trio of IMOGEN HILL, IZZY HALL and MADISON HOLT showed great promise with 9th place.

NICK BARRY & SONIA SAMUELS STORM BERLIN

SONIA SAMUELS and NICK BARRY delivered brilliant performances in the super-fast Berlin Marathon.

Sonia recorded an incredible 2:28.15 that was the 2nd fastest UK L40 marathon all time behind Priscilla Welch's 2:26.61 from 1987. It's Sonia who holds the club's marathon record of 2:28.04 set in Berlin in 2015. Seven years later she's an L40's Mum who's come very close to breaking her record! Sonia has been a Sale Harrier for over 25 years and contributed massively to the club's success especially in Northern and National Cross-Country and Road Relay Championships.

NICK BARRY also was in excellent shape and was the leading British man home in a brilliant time 2:23.21, a ten second improvement on his Manchester Marathon in April. Great things ahead, I'm sure, for super fit Nick.

MATT SPRAGG also had good reason to celebrate. He crossed the line in 2:39.37, his first ever sub 2:40 performance and a massive 10 minute improvement on last year's Manchester Marathon. He's now knocked a chunky 31 minutes off his time in three marathons. Eliud Kipchoge, watch yer back!

WORK BEGINS AT WYTHENSHAW

Work began at the Wythenshawe track to replace the condemned changing facility. Following two years of frustrating delays, contractors finally began an 8-10 week programme to demolish the rotten cabin and install the new one. The project also included re-locating the storage containers. ALAN WHITE and Life Member MIKE DUNNE did a great job liaising with the authorities on behalf of the club.

SIZZLING £23,651 FOR ST. ANN'S HOSPICE

St. Ann's Hospice invited FECHIN MC CORMICK and six of his Sizzler colleagues to show their appreciation for the £23,651.29 raised since 2014 for their great work of caring for people with life threatening illness. This incredible sum was donated by runners into St. Ann's collection buckets as they exited the car-parks after each race. The group were shown the site and plans for their new build in Heald Green that'll continue to serve Gtr. Manchester people for decades to come.

In the photograph L-R are: Rachel Mc Millen (Chief Executive), Ann-Marie Wynne (Head of Fundraising), Mike Curley, Fechin Mc Cormick, Steve Edmunds, Dave George, Mike Dunne, Steve Ridings, Philippa Edwards, Greg Kelly (St Ann's Fundraising Team)



OCTOBER

PRIMARY PRESENTATIONS

Sale Harriers Primary Section held their 42nd Annual Presentation Awards at Sale Rugby Club. Eighty young athletes were presented with awards recognizing their achievement during the 2022 Track & Field season. Many of the young athletes that received awards represented Sale Harriers in the summer's Youth Development League where they helped earn 3rd place for the club. At the Sportshall indoor league, all the Primary Section teams finished in the top 3 and all of the boys finished first, an amazing achievement!

The children received their awards from club superstars HERMIONE MASON and THEA BROWN, who only a few years previously were themselves training at Crossford Bridge. These two athletes are a true inspiration who generously gave their time for photographs and autographs.

The evening was also an opportunity to recognize the amazing volunteers who make the Primary Section such a positive environment for the young athletes of Sale Harriers. The Appreciation award, which has been presented each year since 1985, was presented to JIM BURKE for his commitment to coaching. The Young Helper Award was presented to SOL CAFFREY for his support and encouragement of the younger age groups and the Volunteer Award went to SUZANNE BUCHAN for her 12 years of coaching, having initially brought her own 3 children to the club.

LONDON BIG WINNERS

In 2022 the London Marathon was uncharacteristically in the Autumn rather than in the Spring. The club's big winners either in terms of performance, commitment or work for charity were:

- CAROLINE BARRETT: Just two months after Caroline and Paul Barrett married in 2020 and only in her 30's she was diagnosed with breast cancer, had a mastectomy, 4 months of chemo, lymph node clearance surgery and 15 sessions of radiotherapy. To support Breast Cancer UK she raised an incredible £4500 for Breast Cancer UK and was a real hero. Her time of 4:06.44 was also a tribute to her tenacity and positivity.
ROB JOWETT pushed himself beyond his limits to dip under three hours. Unfit Bob just missed it but had much to shout about for he raised £1500 for Cancer Research UK.
MARK JOHNSON improved his PB by 6 minute to 2:50.5 and a significant 25 minute improvement in just his 3rd marathon.
JAMES CROSSAN made a 9 minute improvement on his Manchester Marathon in April to record a PB 3:41.02.
M70 JOHN ARCHER ran a terrific 3:49.15 to rank 7th in the UK and 11th in his World Masters age-group. Despite his advancing years, John remains a prolific racer over every distance. There's only two minute difference in his marathon times since 2014.
IZZY HALL, OONAGH MC MANUS & DAN OAKES were specially selected to represent the North-West in the National Road championships incorporated into the marathon weekend

STEFAN HONOURS LIFETIME FRIEND

Despite struggling with a sore heel, STEFAN SCHUMACHER returned to his home city of Kassel in Germany to run the city's half-marathon and remember his long time close friend and running legend Winifried Aufenanger who'd died last year. Winifried was a renowned national German marathon coach involved in five Olympic Games and a founder of the Kassel Marathon and half-Marathon which several Sale Harriers ran between 2008-11 when Sale Harriers had an exciting partnership with Stefan's former club LG Vellmar. Their magnificent hospitality was reciprocated when they also visited Manchester.

THEY SMASHED THE MANCHESTER HALF

The streets of Manchester heaved with 15000 'super-heroes' in the Manchester Half Marathon. Many chased fast times, many were hell-bent on just completing the HM challenge and many overcome great personal barriers. Fifteen of the eighteen Sale Harriers who ran through Hulme, Deansgate, Salford, Stretford, Sale and Chorlton had good reason to celebrate for eight of them achieved magnificent PB's, three made HM debut and four ran their fastest times of 2022. Well done to:-

- STEVEN HENDERSON (1:16.19) PB by over 2 minutes
ANDREW CURVIS (1:19.31) PB by over 1 minute
JON SMALLEY (1:19.58) PB by 4 minutes
BEN REES (1:21.15) PB by more than 3 minutes
TORRIN BLAZEYBY (1:21.45) PB by more than 3 minutes
BEE CORDINGLEY (1:24.09) PB by 2 minutes
CATRAOINE MC DONNELL (1:31.57) PB by 8 minutes
GEORGE BIRRS (1:39.16) PB by 11 minutes
MATTHEW HARRISON (1:16.19) Best of '22
KEVIN FOSTER (1:28.40) Best of '22
ALISTAIR KELL (1:28.43) Best of '22
MATTHEW BROOKE (1:43.29) Best of '22
MATTHEW CHADWICK (1:22.17) Debut
CHRIS DOWNS (1:30.18) Debut
DYLAN BATTICK (2:05.06) Debut

BOYS BEST IN NATIONAL ROAD RELAYS

The club's U13 and U15 boy's best represented the club in another disappointing year for Sale Harriers in the National Road Relay Championships at Sutton Park, Birmingham.

- Even though the U13 boys - DANNY OAKES, CONOR MC MANUS, KIERAN STAFFORD were 20th team, it was their section's best result since they were 7th in 2018.
The U15 boys - FINLAY GODDARD, ALEX FRASER, JAMES O'BRIEN were 12th team - their section's best result since 2012. They also turned out a 'B' team.
Even though the U17 boys - GEORGE NOBLE, FINLAY DAY, SAMUEL PEARCE were 57th from the 59 teams, it was the 1st time since 2016 and only thrice since 2012 they've finished a team - so a starting point to rebuild from.
SENIOR MEN: For the 2nd consecutive year, the senior men did not enter a team and for the 2nd consecutive year recorded the club's worst sequence of results in this championship. They were National Champions in 2013, silver medallists in 2014 and 5th in 2012.
SENIOR WOMEN: The section also has the depth and quality to be among the medals but again have not shone in this championship for a very long time. Well done to FEGAN DAVIES, LUCY ARMITAGE, AKIRA EDGSON and LUCY COOK who did brilliantly to finish 26th in a stacked field of top quality runners. Well done also to MIA GIBBONS, HELEN ARMITAGE, HELEN CARTER and SARAH GOULDEN who turned out as a 'B' team.
U13 GIRLS were 27th, the good news being that they'd turned out a team for the 1st time since 2017.
U15 GIRLS: Though they finished 61st the positive was this was their 2nd time in 11 years that they turned out a team. Onwards and Upwards, girls. Next year top 20?
U17 GIRLS: Well done to JASMINE REED and SOPHIE ARMITAGE who flew the flag as individuals. Interestingly, only twice in the past eleven years has the club had a team in this championship. Many clubs are similar.



**NIGEL MARTIN MAKES GB DEBUT & WINS GOLD**

NIGEL MARTIN made his well-deserved and long-awaited GB & NI debut and won GB Team Gold at the IAU European 50k Championships in Spain. He finished an incredible 8th Sale Harriers is incredibly proud of Nigel as joined the club in 2013 as a 33.44 10k runner and has now achieved this latest career pinnacle. He wrote, "What an awesome experience! I'd hoped for more individually, but can't say I'm too disappointed. The team depth was incredible, three minutes separating the entire men's team! The course was very challenging and though I thought I'd paced it well, I'd not managed the course smartly enough. When it came to the last 15k my legs were too battered to finish strong and I just had to gut it out. An Ultra should be a challenge just to finish and on this course it certainly was".



**OONAGH Mc MANUS MAKES GB DEBUT & WINS GOLD & BRONZE KATHY WELLMAN L40 GOLD & BRONZE**

Still only 12 years old and competing in the U15 age category OONAGH MCMANUS represented GB & NI at the European Biathlon Championships in Athens and won an individual bronze and team gold medals.

Oonagh took the race out fast, separating the field with a solid first run. Entering the water in 2nd place, a fantastic swim saw her come out of the sea holding her 2nd position. The last 800 meters of her run was a tense affair with the lead changing hands and Oonagh slipping to 4th place. One final push in the last 10 meters saw her draw level in a pack of four GB girls, who all crossed the line together. It was a nervous wait for the final results but thankfully Oonagh was confirmed 3rd with just over one second separating 1st and 4th place. The Biathlon is a sport that's part of UIPM World Pentathlon and Pentathlon GB.



KATHY WELLMAN, the club's long time sprinter and hurdler also represented GB in the L40 category and won individual silver and GB Relay Silver.

**THEY EXCELLED IN OCTOBER'S H.M.**

The following excelled in October's half marathons either recording PB's or their fastest times of 2022. Well done to ....

- Cardiff HM**
- ANDREAS IDEN ran a very impressive 66.56 in his debut half-marathon to finish 18th among a classy field of Kenyans and Ethiopians. He hails from Norway, is coached by Vicente Modahl and has been a middle-distance specialist!
- TOM GOUGH ran a PB of 80.16 that was a 6 minute improvement on his 2019 Bank Of Scotland HM.
- OLIVIER BARTLETT ran a PB of 79.19 and his first time under 80 minutes

- Congleton HM**
- MARK FOX ran a PB of 83.47 for 2nd M40 and was a marginal improvement on September's Wrexham HM
- JON TERRY ran a PB of 84.52 for 1st M50, a substantial minute improvement on his 2017 Gtr. Manchester HM.

- Bath HM**
- SOPHIE WOOD took a break from Parkrunning to run her 3rd half marathon of 2022. She was 3rd in 1:15.40, just short of her best of 74.57 in the 2021 Malaga HM. For her efforts she won £500.

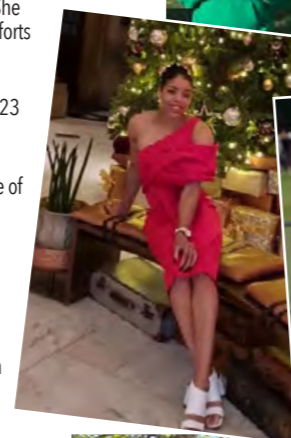
- Amsterdam HM:**
- PHIL ROBERTSON took in the Amsterdam HM on an exploratory trip to the City. His 71.23 was his best of 2022. His best of 66.43 goes back to 2019 and the Manchester HM.

- Tatton Park HM**
- RACHEL ROZHDESTVENSKAYA finished a top 2nd female in 88.28 in the Tatton HM, one of her best top finishes. She'd run her PB of 83.19 earlier in March's Wilmslow HM

**ABIGAIL IROZURU GUEST AT ENGLAND ATHLETICS HALL OF FAME**

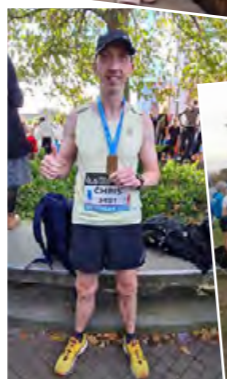
ABIGAIL IROZURU, the club Tokyo Olympian, was among the glittering array of sporting stars invited to the England Athletics Hall of Fame Gala Evening at Birmingham's Hilton Metropole Hotel. The event honours those who've made outstanding contributions to athletics and to running....so why shouldn't she be present!

Eight inspirational past greats were inducted into the Hall of Fame and National Volunteer Awards were presented to club coaches, officials and leader's across the sport's grass-roots for their outstanding work. (NB Editor's note: Why are no Sale Harriers ever submitted for these national accolades that recognises skills, success and commitment?) The evening looked back on the incredible Birmingham Commonwealth Games at which Abigail represented GB & NI in the long-jump. She said, "What stood out for me was the evening wasn't just a celebration but a true history lesson on athletics and it's stars. As a result I've fallen in love even more with my sport which is incredible".



**TULIPS IN AMSTERDAM**

Tulips thrive in extreme conditions and CHRIS TOPPING and AARON STEELE not just survived the Amsterdam Marathon but blossomed in it to record great PB's. Chris was almost an hour faster than ever before (yes! one hour) to record 3:25.36 and AARON improved fifteen minutes on his 2021 Manchester Marathon to record 3:05.57.



**GRAND CHIGAGO REUNION**

What's the chance of two Sale Harriers meeting 4000 miles from home among 50,000 people? A needle in a hay-stack? Well! It's the vest, isn't it? ROB MARSDEN and RUTH WALLER-LIDDLE paths crossed after they'd run the Chicago marathon. Rob had travelled from Manchester and Ruth lives in Colorado. The two had never previously met or even known of each other. Rob's 3:27.30 and Ruth's 3:13.49 was slower than they hoped for but, hey! they'd run one of the six marathon majors!



**YORK RACERS**

Sale thoroughbreds, CARLA OUSEY and TRACEY TAYLOR crossed the Pennines for the Yorkshire Oakes of marathons. They crossed the finish just a furlong apart, Carla in the lead by a few 'heads' in 3:54.28 and Tracey galloping hard not far behind for 3:58.18).

MARK FOX loves his music Festivals - he doesn't 'alf! Buzzing from 'Totally Enormous Extinct Dinosaurs' the previous evening in Manchester (I thought this was a trip to the zoo!) he was off to York's rather different Festival - of races. On this occasion he was accompanied by four club damsels. He 'danced' round the 10 mile course in 61.46 two minutes faster than he'd ever done before and CLARE MC CARRON waltzed her 10 mile debut in a great 69.49, HELEN ARMITAGE and WENDY TERRY also tangoed the course in 67.11 and 74.38 just short of their best.



**WOT A START! MANCHESTER AREA CROSS-COUNTRY LEAGUE**

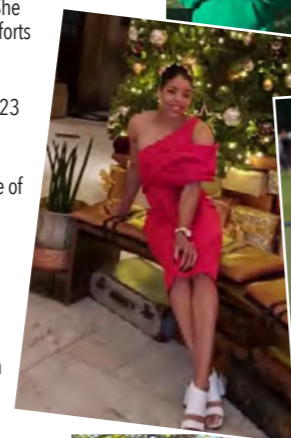
Sale Harriers made a great start to the MACCL season with LUCY ARMITAGE and BEA CORDINGLEY having sensational runs in the senior race and BEA SOPER and IZZY HALL in the younger age-groups both running a year young. This first match was a Sale Harrier promotion admirably organised by DAVE RODGERS and his team. The crisp autumnal sunny afternoon and fast, flat Wythenshawe course attracted large numbers.

- U13 BOYS: 3 teams - A team 1st . DANIEL OAKES 3rd
- U13 GIRLS: 4 teams - A & B teams 1st & 3rd . BEA SOPER 2nd & OONAGH MC MANUS 3rd
- U15 BOYS: 2 teams - A team 2nd . ALEX FRASER first home in 5th place
- U15 GIRLS: 4 teams - A team 4th . ISOBEL HALL 3rd
- U17 BOYS: 3rd team. GEORGE NOBLE first home in 8th place
- U17 GIRLS: 2nd team. ISABELLA APPLEBY first home in 8th place.
- SEN.WOMEN: 3 teams - A team 1st LUCY ARMITAGE 3rd
- SEN.MEN: 5 teams - A 3rd . NICK BARRY 2nd
- VET.WOMEN: ANNE CHINYOY 3rd L45 & JACKIE CORDINGLEY 2nd L60
- VET.MEN: AIDAN RAFFERTY 3rd M60

**GIRLS BRILLIANT IN NORTHERN XC RELAY CHAMPS**

The club's best results in the prestigious Northern XC Relay Championships at Graves Park Sheffield were.

1. The U15 GIRLS: IMOGEN HILL, ISOBEL HALL and EMILY PURDY won magnificent silver to record their best result since 2016 when they were also the Northern Silver medallists. Isobel ran the 4th fastest leg of the day and Emily & Imogen were also well 'up there'. The section flew the club's flag high with B & C teams.
2. The U13 GIRLS: BEATRIX SOPER, OONAGH MC MANUS and LOLA RICHARDSON did the club proud to win bronze medals, the section's best result since 2016 when they were silver medallists. They also ran three of the day's fastest times and also turned out a B and C team.
3. The U15 BOYS: FINLAY GODDARD, JAMES O'BRIEN and LIAM O'BRIEN just missed bronze by 20 seconds. This was a massive improvement from last year's 13th. Finlay was an excellent 7th fastest of the day.
4. The U13 BOYS: DANIEL OAKES, OLIVER HOWELL & HENRY SHOESMITH did very well to finish 7th and Daniel was a top 10 finisher in class competition.
5. The U11 girls were 5th a great result thanks to starlets LUCY O'BRIEN, ISLA QUINN and HOLLY MC HUGH.



**MASTERLY IN BRITISH MASTERS**

ANNE CHINYOY and GLENN SAVAGE's managerial ability, the persuasive pull of their running colleagues, TIM RAINEY driving his minibus and PAUL BARRETT organizing the celebratory meal afterwards, meant a fantastic day for Sale Harrier's veterans at the BMAF XC Relays at Long Eaton

ANNE CHINYOY, SUZANNE SMITH and CLARE MC CARRON mixed it with Britain's past legends and won the W45 silver medals, their section's first podium in a very long time. Anne threw down the gauntlet running the day's 3rd fastest time .....and the trio didn't look back! The M45 & W55 teams also just missed medals! M45's JASON BOWERS, MIKE HATCH, STEVE MC CARRON, RICHARD EDWARDS and MATT SPRAGG came very close to bronze and W55 JACKIE CORDINGLEY, HEATHER BRINT and CAROLINE KINGHORN also just missed out on medals.

The squad did exceptionally well to recruit an M35 and a W35 team, the day's most competitive of all the races. W35 LUCY COOKE, VICKY CORDINGLEY and HARRIET HAMILTON were 6th and M35 'youngsters' TOM STEPHENSON, ANDREW CURVIS, PAUL BARRETT, V45 OLIVIER GAILLEMIN and JON SMALLEY were 9th .

**DANIEL KASHI CONQUERS SNOWDEN**

DANIEL KASHI won the tough Snowden marathon with a stunning time of 2:39.51. The Snowden Marathon is not your usual 26 miler and it's certainly not for the faint hearted!! On the way round the highest mountain in Wales, he had to ascend (and then descend) three pretty sizeable climbs. He smashed his previous time for the Snowden course way back in 2012 and improved his overall marathon time by 10 minutes.

**GEORGIA IS SUPER LEAGUE TRIATHLON CHAMPION**

GEORGIA TAYLOR-BROWN (OLY, MBE) retained her Super League Triathlon Championship title with a triple podium of race winner, overall Super League Champion, Team Scorpions winner and netted the first prize of \$50,000.

The Super League Triathlon brings together the world's best tri-athletes. The 2022 series began in London where she felt 'heavy and sluggish' to finish 3rd. Two weeks later in Munich, at the time of Queen Elizabeth funeral, she put on a masterclass in rainy conditions to claim an emphatic victory with time even to stop and bow in respect to Her Majesty. She was in the lead going to Malibu (California) and, despite losing 40 seconds when she crashed out on a corner, clawed back enough time to finish 3rd .

Going to the penultimate match in France, there was only one second separating her from the series leader, America's Tracey Spivey. Georgia, the club's Olympic Gold and Silver medalist and 2021 Super League Champion, took the stage win to join Spivey at the top of the overall leader board.

As to who'd be crowned Super-League World Champion, it was down to the wire and the final race in the deserts of Bahrain at the end of October. It was our Georgia who prevailed!

**DMSF GALA DINNER RAISES £25,000**

The Diane Modahl Sports Foundation, which partners with Sale Harriers, hosted their annual City of Champions Gala Dinner at the Lowry Hotel and raised £25,000. It was its usual glittering success with over 250 delegates including Gtr. Manchester Mayor Andy Burnham and special guests the Manchester Survivors Choir. Diane wrote to the Harrier magazine, "The Diane Modahl Sports Foundation (DMSF) everyday provides me and my brilliant team another opportunity to breakdown the inequalities facing young people growing up in areas of deprivation. When Vicente and I established the charity 12 years ago we had a vision to use sport as a catalyst for change. Since then DMSF has massively evolved to now supporting 700 young people each week to find a sense of purpose and to have an opportunity to succeed. Our education curriculum is accessible, allowing young people disengaged in mainstream education to gain qualifications and allowing them to reach their best. Seeing Aimee Pratt come through our programme and compete in the top four major's in athletics in 2022 - the World Championships, European Champs, Commonwealth Games and Olympic Games is just remarkable. We've already got our eye on a few others coming through too".



**NICK BARRY RUNS FASTEST EVER '10'**

The Brampton-Carlisle '10 is the UK's oldest race launched even before NICK BARRY was born. He made his own history in it recording his fastest ever '10' with a time of 51.01, eighteen seconds faster than he'd ever run before.



# NOVEMBER

## YOUTHS SHINE IN NATIONAL XC RELAYS

The junior women's team - **LUCY ARMITAGE, ISABELLA BURKE** and **AKIRA EDGSON** were the club's most successful at the prestigious National XC Relays at Mansfield. They finished a magnificent 7th and just missed becoming the first Northern team by 7 seconds. (NB Sale Harrier **JESS SPILSBURY**, running for Loughborough, ran the fastest time of the day).

U13's **BEATRIX SOPER, OONAGH MCMANUS** and **LOLA RICHARDSON** were also a top team in 9th - recording their best result since 2018 (when Isabella & Akira were a part of the team!) **CAITHLIN WETTERS, GRACE HILL** and **ISABELLE CONNOLLY** represented the club brilliantly as a 'B' team to finish 28th.

The Junior and U17 men's teams were also among the day's highlights. The **SAVAGE** twins - **EVAN & ELLIOT** and **SAMUEL BRYAN** were 19th, the section's best result since 2016.

U17 **OSCAR SCHOFIELD** easily won his first stage of the U17 race and led his colleagues **GEORGE NOBLE** and **JOSHUA COLQUHOUN-LYNN** to their section's best result since 2011.

Middle distance specialists **MEGAN DAVIES, ALYSSA DAVEY** and club newcomer **LUCY COOK** ran their hearts out to finish 35th but where were the club's senior endurance specialists who could have placed the club among the top 10? **SARAH GOULDEN** and **MIA GIBBONS** were stars and you should have seen Mia finishing like a steam train as she did in the 800m at the National Athletic League match in the summer.

The senior men yet again had no team but individuals **WILLIAM ONEK, PHIL ROBINSON** and **TOM STEPHENSON** showed their ability finishing well inside the top fifty.

U15's girls 'A' & B teams - **IMOGEN HILL, ISOBEL HALL, EMILY PURDY, MADISON HOLT, HANNAH SQUIBBS & MADELINE GILLAM** were highly placed and did very well in such a National Championship.

## GEORGIA AWARDED MBE

**GEORGIA TAYLOR-BROWN** received her MBE for services to the Triathlon at Windsor Castle formally presented by Princess Anne. She was awarded it in the Queen's 2022 New Year's Honours List as a member of Great Britain's Mixed Relay team at the Tokyo Olympics that won the Olympic gold medals. Remember how she'd also scooped the individual silver medal, defying the odds after overcoming a puncture a kilometre from the end of the 40km bike ride.

## MACCL (2) - KENWORTHY WOODS

Nations from across the globe were in Sharm el-Sheikh addressing the climate emergency whilst runners in Kenworthy Woods for the 2nd MACCL match ran in historic warm temperatures.

The U13 girls 'A' & 'B' teams repeated their first match success of 1st and 3rd with **OONAGH MCMANUS** the individual winner followed by **CAITLIN WETTERS** in 3rd with **LOLA RICHARDSON** on her shoulder in 4th.

The senior women notched up their 2nd victory with super front running again from **BEE CORDINGLEY** and **LUCY ARMITAGE** joined on this occasion by **ALICE WRIGHT** an excellent 7th. The future looked bright! The section also turned out successful B - E teams.

With Salford absent in the U15 girls' race, Sale moved into 3rd behind Warrington and Stockport. **EMMA PURDY** showed real talent with an excellent 2nd followed by the team's backbone of **HANNAH SQUIBBS** and **MADELINE GILLAM**.

You should have seen **NIGEL MARTIN, NICK BARRY** and **PHIL ROBERTSON** strain every sinew in the men's race and take several big scalps in the final stages to clinch 2nd individual from Chorlton on the line.

Salford, Chorlton and Sale are the 'big guns' at the top of the league and with Sale now rolled up its sleeves it's going to be a battler royale between them for the MACCL title. The section had also turned out teams B - G with five of them first!

The club's veteran men and women were also top placed in their divisions. Individually **MATT BARNES** was 1st M45, **JACKIE CORDINGLEY** 2nd L60 and **ANNE CHINOY** 4th L45.

## DAVE MARSH MANAGES NW COLLEGES

**DAVE MARSH** was selected to team manage the NW Colleges cross-country team to compete in the National Colleges Championships at Nottingham University in April 2023. The NW Colleges is one region of the National Association of Colleges (AOC) that lead in the development of college sport and physical activity nationally and is the largest Further Education student sporting event in the UK with nearly 1,700 students. Well done, Dave!

## BEA & IZZY QUALIFY FOR ENGLISH SCHOOLS CUP FINAL

U13 **BEA SOPER** and U15 **IZZY HALL**, as runners-up in their England Schools Regional Cross-Country Finals, qualified for the English Schools Cup Final in December. Bea represented Millfield Independent School in the South-West Final. She won a scholarship to the school renowned for its success in sport.

U15 **IZZY HALL** is a student at Altrincham Grammar School for Girls and was the runner up in the North-West region. She's also an exciting young athlete and is the 2021 Gtr. Manchester XC Champion and the 2022 1500m silver medallist.



## DAVE PROCTOR REPRESENTS ENGLAND MASTERS

Having twice represented GB Masters in 2022, **DAVE PROCTOR** made his England Masters debut, not on the track on this occasion but over cross-country. He represented England Masters at the 33rd British & Irish Master's Cross-Country International in Santry, Dublin, competing in the M35 8kms race. Dave helped England to 3rd place in one of the day's most competitive races, "It was indeed a great privilege to represent my country again, and perhaps even more special given I had never done so before in Cross-Country! Dublin was beautiful and the course was a good one that allowed excellent spectator support. The Irish were great hosts and it was a great experience!"

Participants experienced typically warm Irish hospitality capped with a fantastic night of celebration and a top class banquet at a posh Dublin hotel. Dave is coached by **NORMAN POOLE** at the Wythenshawe Park.

## OUZEY-ING AT 50!

Love birds **CARLA & RICHARD OUSEY** topped off their combined 50th Birthday celebrations on the undulations of the Stockport '10'. Their times weren't the highlight of their combined century but they enjoyed the roller-coaster that's a snapshot of life at 50! Richard (1:17.34) **JOHN SMALLEY** (1:02.24) and **CONOR DONAGHY** (1:03.12) will forever remember it as their debut '10' mile. So too will **RACHAEL ROZHDESTVENSKAYA** and **ANNE CHINOY** who were among the prize winners. Well done, guys!

## OSCAR'S PURE CLASS

**IAN SCHOFIELD** showed awesome class at the British Athletics Cross Challenge in Liverpool which hosted the European Cross Country Championships Trials. He took the U17 race by the scruff of the neck from the gun, looked very strong throughout and cranked up the pressure to reduce the lead group to just four. On the final lap it was down to a two horse race between him and Isaac Morris (Cambridge & Coleridge) sticking like glue to his shoulder. He got the better of Oscar in the final 800m for a brilliant 2nd place

Other confident performances in very classy fields were **DANIEL OAKES** 11th in the U13 race, **IZZY HALL** 25th in the U15 race, **AKIRA EDGSON** (41st), **LUCY ARMITAGE** (46th) and **KATIE STRINGER** (58th) in the Junior Women's race and **SARAH GOULDEN** (148th) in the senior race.

## THEA DOMINATES SCHOOLS INTERNATIONAL PENTATHLON

U17 **THEA BROWN** - still only 15 years old, added the SIAB International Schools Pentathlon title to her amazing collection of major accolades. She did it in style yet again with a fantastic PB in the 60m hurdles of 8.57 seconds which earned 1000 points. She also won the high jump and helped England win three of the four individual titles. Note her year of incredible national and international achievements throughout this magazine.

## GEORGIA GALLANT 2nd IN WORLD TRIATHLON

**GEORGIA TAYLOR-BROWN** finished a gallant 2nd to Bermuda's Olympic & Commonwealth Champion Flora Duffy in the WTCS World Championship Title in Abu Dhabi.

Following an epic season both Georgia and Flora came to the Final with three WTCS wins apiece. Georgia had won at Yokohama in May becoming the first European woman in a decade to win in Yokohama. She won again in the stifling heat of Montreal in June and in Cagliari in October she secured her 3rd win over Duffy, leaving them neck-and-neck going into the World Crown in Abu Dhabi. Both were locked together throughout the swim and bike phases and the decisive move came in the run when Flora Duffy moved clear to take the WTCS World Title. Said Georgia, "I gave it my all but it wasn't enough! Congratulations and thank you Flora Duffy"

## THEY EXCELLED IN WILMSLOW 10k

Thirty-three Sale Harriers toed the line for this very popular, fast November 10k. **NIGEL MARTIN** was Sale's first home in 6th place in 30.43, just 15 seconds short of his 2022 best set earlier in July's Wilmslow Summer 10k. At least seventeen others had good reason to celebrate.

- DANIEL KASHI** (31.04) His fastest of 2022
- OLIVER BARTLETT** (PB 35.12). Improved from 36.59 in May's Gt. Manchester 10k
- ANDREW CURVIS** (PB 35.29). Improved from 37.20 in September's Altrincham 10k
- JASON BOWERS** (PB 36.11). Improved from 38.12 in May's Gt. Manchester 10k
- BEN REES** (PB 36.15). Improved from 36.52 in Gt. Manchester 10k
- MATT ELWORTHY** (36.38): His Sale Harrier debut.
- BEE CORDINGLEY** (PB 36.57). Improved from 38.13 in July's Wilmslow 10k
- MARK FOX** (PB 37.06). Improved from 37.16 in September's Stafford 10k
- JON TERRY** (PB 37.20). Improved from 37.47 in July 2019 Wilmslow 10k
- LAURA BARBER** (PB 37.13). Improved from 37.55 in September's Altrincham 10k
- ANNE CHINOY** (PB 39.26). Improved from 39.51 in March's Trafford 10k
- LAURA MARTIN** (PB 40.12). Improved from 40.46 in October's Knutsford 10k
- JAMES CROSSAN** (PB 42.54). Improved from 44.26 in October's Tatton Park 10k
- AMELIA LATHAM PB** (PB 48.04). Improved from 50.52 in March 2019 Trafford 10k
- JACKIE CORDINGLEY** (43.58) Fastest for 5 years & 2nd L60!
- FINLAY DAY** (U17) (38.31) Debut 10k
- DEBBIE MC EVOY** (51.19) Debut 10k

## MANCHESTER AWARDS SUCCESS & LEONARDO

**SUCCESS EDUAN** and **LEONARDO SCOTT** were recognised for their achievements at the Manchester Sports Awards at the Kimpton Tower Hotel in Manchester.

**SUCCESS** won the "Senior Sports Achiever Award" for her 200m victories at the February 2022 indoors and July's EA U20 Outdoor Championships and went on to represent GB & NI at the World U20 Championships in Colombia where she reached the semi-finals. Success was further recognised as exemplary in that she trains eight hours a week and often has to use public transport to get to training.

**LEONARDO** won the 'Junior Young Achiever of the Year' award for his part in the Gtr. Manchester team at July's ESSA England Schools Athletics Championships where he reached the semi-finals. To gain selection he'd come 2nd in the Gtr. Manchester County Championships. As well as very dedicated to his training he's also on the FA Leadership programme and is exemplary in supporting his fellow Sale Harrier athletes.

Both are coached by **ANITA RICHARDSON** and her team at Sportcity. Anita won last year's "Community Coach Award".

(NB Editor's note: Why were none of the very worthy Sale Harrier coaches, officials and volunteers nominated. Something to think about for next year?)

## ABIGAIL ELECTED TO BRITISH OLYMPIC COMMISSION

Club's Olympian **ABIGAIL IROZURU** was elected as a new member of the British Olympic Association's (BOA) Athletes' Commission. She was elected with Non Stanford (Triathlon), Alex Danson-Bennett (Hockey) and Lloyd Wallace (Freestyle Skiing).

The BOAC is an advisory group that ensures that the viewpoints and interests of Team GB athletes are at the heart of everything that the BOA does. The Commission represents Team GB athletes across all Olympic sports and at all stages of their careers. Congratulations, Abigail!



## DECEMBER

### BILL FOX GRAVY PUD FELL RACE

**PAUL BARRETT** organised another successful Gravy Pud Fell Race in Tintwistle, the sister event of June's 'Round The Resers' which he also organises. Both races remember former active Sale Harrier Bill Fox who died in 2015. Almost 200 lined up for the undulating predominantly downhill race that's a selection of tracks, paths and woodland. The first three club members home were **CHRIS DONNELLY** (11th), **OLIVER LEE** (28th) and **PHIL RICHARDSON** (32nd). Said Bill's wife Lynne Fox, "A huge thank you to everyone who organised, helped ran and supported"

### ELUSIVE SUB-30 FOR NICK

**NICK BARRY** just missed by a mere 21 seconds joining the exclusive sub-30 brigade for 10k in the super-fast Telford 10k in which an incredible 32 men dipped under thirty minutes and 33 women dipped under 35 minutes. What a Christmas present this would have been! Next time he'll do it when he doesn't have to contend with freezing cold and snow.

**STEVE MC CARRON** recorded his best 10k for eight years for a new best of 34.01. **L60 JACKIE CORDINGLEY** was also in super top form to further improve her Wilmslow Festive 10k with an even faster 43.38.

### THEY'RE ON ENGLAND TALENT PATHWAY

The following Sale Harriers have been put onto the 2023 England Athletics Talent Programme.

#### Youth Talent Programme

(Age 16-18 displaying early potential for future success)

- ANNABEL AMADIN** (Shot) Coach Bob Gaisie
- FREYA DOHERTY** (100m) Coach Jess Taylor-Jemmett
- REMI LIVESEY** (Javelin) Coach David Hoare
- MARTINS OGDENBE DOBIES** (High Jump) Coach Seun Okome
- LEONARDO SCOTT** (100m) Coach Anita Richardson
- MORGAN WHITE** (200m) Coach Matt Cullen

#### Junior Talent Programme

(Completed the Youth Programme & potential to progress to the next stage)

- LAZARUS BENJAMIN** (Pole Vault) Coach Matt Cullen
- MELISSA BOOTH** (Triple Jump) Coach Keith Hunter
- ISABELLE BURKE** (800m) Coach Norman Poole
- ELLISE FRYER-FRANCIS** (Dec/Hept) Coach Jess Taylor-Jemmett
- MADDISON VERNON** (100m) Coach Donita Benjamin

#### Senior Talent Programme

(Selected on an ability to medal at Commonwealth Games)

- REYNOLD BANUJO** (Long jump) Coach Matt Barton
- ABIGAIL IROZURU** (long Jump) Lukas/Femi

They and their coaches will now receive varying amounts of support to develop skills, knowledge and competencies to reach their potential and go on to represent England and GB at national and international level.

### "THANK YOU" PACKS QUITE A PUNCH!

In the run up Christmas, **FECHIN MC CORMICK** received a phone call from St. Ann's Hospice thanking him for the money he'd raised for them throughout 2022. Interestingly, their fund-raising team had set aside that day to thank all their many supporters by telephoning each one personally for their contributions throughout the year. What a brilliant idea!

What about next year the club's Executive Committee dedicating a whole day to showing their appreciation to the club's indispensable stalwarts without whom there would be no club. "Thank You" is such a small word but it packs quite a punch!

### HARK! THE MOUNTAIN GOATS A-CLIMB

To end 2022 there's nothing better than the tough seven mile Bowstone New Year Fell race that takes in the scenic Lyme Park with its extensive views across the Cheshire Plain and the Peak District and wind your way to the finish in Higher Poynton and be greeted with a free bottle of beer.

This is just what the club's mountain goats did, all finishing among the top half of the 400 finishers with front runners **CHRIS DONNELLY** 3rd, **TOM GOUGH** 5th, **RICHARD EDWARDS** 17th and **HARRIET HAMILTON** a top 8th female and not far behind them were **MIKE ASHBY**, **MATT SPRAGG**, **ROBERT HEGGS**, **PETER SHIPLEY** and **JOHN MORRIS**

### EVA ANWYL IS FASTEST IN UK

In her first ever 60m Hurdles and her first year with Sale Harriers, U13 **EVA ANWYL** rocketed to No. 1 in her UK age-group at the Northern Athletics Indoor Open meeting in Sheffield. What a promising young star! Congratulations Eva. She's coached by Dave Lowe.

### NEW FACILITIES AT WYTHENSHAW PARK

A spanking new changing & toilet facility at the Wythenshawe athletics track finally opened. The refurbishment began in September with the condemned cabin finally demolished. In October some of the storage containers were relocated and the work was completed in mid-December with representatives from Manchester City Council's Parks Development Programme issuing keys to track user representatives with strict instructions on the cabin's upkeep and maintenance.

A special thanks to **ALAN WHITE**, the club's representative on the Wythenshawe track athletics sub-committee, who very professionally liaised on behalf of the club and **MIKE DUNNE** who did his usual thorough, professional job liaising with the contractors and project managed on behalf of the club.

Manchester City Council have a longer-term plan to strategically develop a more integrated and modern facility for the Wythenshawe Park site. We've heard this before ....many times, but let's see.



# 2023 JANUARY

### CLUB HANDICAP

**ROB MARSDEN** and his squad of volunteers did a super job to resurrect the traditional Christmas/New Year club handicap. He designed an interesting, (somewhat) muddy 5-mile route within Kenworthy Woods that sixteen festive finishers enjoyed (though the rampant flu virus decimated anticipated numbers). **RICHARD OUSEY** zoomed home first and, on his tail, catching him very fast, was flying **PHIL RICHARDSON** just ten seconds behind.

### CHESHIRE XC CHAMPIONSHIPS

The bleak and cold Cheshire XC Championships in Winsford resulted in a very small turn-out in all races. The heroes who braved the elements were....

- DANIEL OAKES**, **JAKE HARRISON** and **ED SPARKS** who had a superb race to win the U13 silver medal
- LUCY O'BRIEN** who had a tremendous race to win the U11 bronze medal.

Of special delight was the return of Warrington's **HARRIET KNOWLES-JONES** who won the senior race. The super talented 2017 European U20 champion has been coached at Wythenshawe by **PAUL RODEN** and **NORMAN POOL** but struggled to recover from prolonged illness since winning the 2018 English National Cross-Country Championships.

### ENGLAND ATHLETICS COMBINED EVENTS CHAMPIONSHIPS

Four of Sale Harrier's top Combined Events athletes had a brilliant weekend at the England Athletics Indoor Senior & U20 Combined Events Championships in Sheffield. Their 2022 achievements are recorded throughout the pages of this magazine.

- U20 MORGAN WHITE**, a Sale Harrier since he was thirteen, produced PB's in the 1000m, 60m Hurdles, Pole Vault, Long Jump and Shot and just missed winning the EA bronze with a Heptathlon PB score of 4577 points.
- SCARLETT WHITTAKER**, a Sale Harrier since she was eleven, also produced a string of PB's in the 60m Hurdles, High Jump and Shot to improve her indoor Pentathlon score to 3313 points.
- FREYA DOCKERTY**, a Sale Harrier since she was fifteen, PB'd in the Shot and recorded a U20 Pentathlon PB of 2852 points.
- ELLISE FRYER-FRANCIS**, a Sale Harrier since she was thirteen, came very close to improving her Pentathlon PB in the U20 competition.

The three girls are coached by **JESSICA TAYLOR-JEMMETT**, the 2014 Glasgow Commonwealth Games bronze medallist.



### PHIL ROBERTSON MERSEYSIDE XC CHAMPION

After three long years of what he described as 'indifferent performances' **PHIL ROBERTSON** returned to winning ways to win the Merseyside Cross-Country Championship in Arrow Park. Indeed, his last (non-track) victory was in 2020 when he also became the Merseyside Champion but this victory was especially delightful in that he was among a home crowd. A delighted Phil wrote on social media, "The win was made even better for doing it on home turf in front of my parents and people who have supported my running for many years, especially Dave Wilkes and Nick Lindsay". Phil has been at the front end of every senior Merseyside XC Championship since 2013 and was the silver medallist in 2019 and 4th in 2022.

### SPARE A THOUGHT FOR NICK

**NICK BARRY** was just one second shy of a top-three finish in Helsby's Four Villages Half Marathon with a time of 69:20. He recorded his PB of 66:27 earlier in the year in the top-notch Antrim Coast Half Marathon and might well have been among the top three had he not competed in the Cockerham HM a week earlier.

- WENDY TERRY**, **RICHARD OUSEY** and **TRACEY TAYLOR** also had every reason to celebrate. Wendy (96.21) celebrated a 6 second PB on her 2019 Helsby for 4th
- L45**, Richard (96.21) recorded a 32 second PB
- TRACEY TAYLOR** (1.44.19) recorded her best in four years.

### GREATEST .....IN Gtr. MANCHESTER XC CHAMPS

Sale Harriers were tops in the 2022 Gtr. Manchester XC Championships at Leverhulme Park, Bolton. Postponed from December, three club particularly featured - Sale Harriers, Trafford AC and Salford H & AC. Trafford were tops with four championship titles but Sale Harriers won eight sets of team medals.

County Cross-Country Championships are not what they were. This year, there was an average of just 30 in most of the younger age-group races, less than 12 in the U20 race, just 26 in the women's race and 78 in the men's race.

- The U13 Girls were the club's most successful. Seven of the first eight were a parade of green hooped vests with **BEATRIX SOPER** the Champion, **OONAGH MCMANUS**, improved on last year's bronze, won silver and **CAITLIN WETTERS** won the bronze medal. Had there been an 'A' & 'B' team **LOLA RICHARDSON**, **MAYA ROSS**, **GRACE HILL**, **PHEOBE CARROLL**, **ISABELLE CONNOLLY**, **ISLA ANDERSON** and **MADDIE APPLEBY** would have been the silver and bronze medallists. What a shame!
- The U20 women were the day's greatest delight. They're not often on the top podium. Indeed, it was 2003 - 20 years ago, this section last completed a team in this championship, so it was great that **LUCY ARMITAGE**, **ANOUSKA BROOKS**, **KATIE STRINGER** and **ELIZABETH HILL'S** procession in 4th, 5th, 6th and 7th won them the Championship title. Keep together, young ladies! The future looks bright!
- The senior men returned to being Gtr. Manchester Champions. They'd held the title continuously since 2018 but last year surrendered it to Salford. **ALEX LAWTON** led the triumph making his Sale Harrier debut and probably had his finest hour in ten years of running, winning his first county medal - silver. He led home **KENT HUNT**, **ALEX BRADFORD** and **TOM GOUGH** for the Championship title leaving East Cheshire & Bury in their wake.
- The U15 girls were the largest team with nine finishers and they won great silver medals. **EMILY PURDY** took the individual championship and **ISOBEL HALL**, last year's U13 Champion, just missed bronze by a few feet. This squad's strength and friendship has exciting potential. Well done **IMOGEN HILL**, **MADISON HOLT**, **MADLINE GILLAM**, **NIAMH COPE**, **HOLLY NOLAN**, **AMBER WEBB** and **MOLLY IRWIN**. You're all great!
- The U13 boys retained last year's silver medals and not far off Trafford who retained the title. Well done **OLIVER HOWELL**, **GEORGE HORSFALL**, **JACK EDMUNDSON** and **CONOR MCMANUS**.
- The senior women - **ANNE CHINOY**, **JANE THOMAS** and **EMMA FINNEY** were strong enough to clinch the silver medals behind Trafford AC and Swinton the bronze medallists.
- The U17 girls, last year's silver medallists, won bronze. Well done - **ISABELLA APPLEBY**, **JASMINE REED**, **SOPHIE ARMITAGE** and **CARMEN SAFRANOUSKAS**.
- The U15 boys were also bronze medallists, a big step forward from last year when they were a runner short of completing a team. **FINLAY GODDARD** greatly improved to win bronze.
- The U17 men were 2021 champions but this year just had **FINLAY DAY** running as an individual. The U20 men, last year's bronze medallists, were similar in that they had only **ROBBIE RIGBY** running as an individual.

### OSCAR SCHOFIELD BREAKS BRITISH RECORD

**OSCAR SCHOFIELD** ran a British Indoors U17 1500m record of 3:52.53 at the British Miler's Indoor races that were incorporated into the EA Combined Events Championships in Sheffield.

This was just Oscar's latest record. In August at the England U17 Championships in Bedford, his 3000m PB of 8:24.09 smashed the club's record by 11 seconds, a record held by James Philippon since way back in 2003. He also broke Jonathan Richards' 42 year 3000m record of 8:26.92 that had stood since 1980, the oldest Championship outdoor record in the books.

### MEGAN DAVIES WINS SCOTTISH SILVER

**MEGAN DAVIES** is becoming quite a Scottish star! On this occasion she won the silver medal at the Scottish Indoor 3000m Championships in Glasgow. This placed her 4th in the UK, her highest ever placing over any of her racing distances. During the summer, as you earlier read, she represented Scotland twice during 2022.

### CROSSFORD BRIDGE DEVELOPMENTS APPROVED

Final approval was given to install a full sized 3G floodlit pitch on the Crossford Bridge site. For the past 12 months, the Crossford Bridge Management Association (CBMA) has been working with the Football Foundation and the City Council on the project. It will include:

- A full sized floodlit 3G pitch (on the pitch parallel to the motorway)
- Expansion and resurface the car park (closest to the A56). The car park next to the athletics track will not be affected.
- Upgrade the footpath which runs around the outside of the athletics compound, linking the new pitch. This will be lit with low level lighting.

It's anticipated the project will be completed in September 2023. In addition funding has been secured to upgrade the track-side hammer cage and the stairs to the main changing room will be remodelled to support the needs of football users. See the images of the final project.

**PAUL BARRETT** is the club's representative on the CBMA trustees and has worked with the Local Authority and Football Foundation on behalf of the club to help deliver this project.

**"TOUGH BUT LOVELY" MACCL (TATTON PARK)**

The future looked bright for several club sections following the 3rd Manchester XC League at Tatton Park.

- U11B:** 1st home was **TOBY HARRISON**. This section is likely to be runner's up to Trafford
- U11G:** 1st home was **LUCY O' BRIEN**. They're 3rd ...and all to play for!
- U13B:** 1st home was **DANIEL OAKES**. They could be MACCL Champions but must keep their feet on the pedal.
- U13 GIRLS:** **OOONAGH MC MANUS** was a great winner. They're almost certain to become Champions and their 'B' team could be the runners-up.
- U15 BOYS:** **FINLAY GODDARD, ALEX FRAZER** and **LIAM O'BRIEN** were classy front-runners. They're unlikely to top Trafford but anything could happen!
- U15 GIRLS:** **IMOGEN HILL, MADISON WARRING** and **HANNAH SQUIBBBS** were great front-runners. The squad lie 3rd but Warrington & Stockport must default to go higher.
- U17 MEN:** **FINLAY DAY** was the club's only runner.
- U17 GIRLS:** Unfortunately because you had no team at Kenworthy Woods they've to depend on Trafford and Liverpool faulting to finish in top two.
- U20 MEN & WOMEN:** No club teams

**SENIOR WOMEN:** **LUCY ARMITAGE, ALICE WRIGHT, LAURA BARBER** and **ELLA TAYLOR** resulted in another great win for their 3rd victory. They're set to become MACCL Champions. Their B & C teams are also 1st.

**VETERAN WOMEN:** Overall the section ranks top of their Division 1.

**SENIOR MEN:** Winner **NIGEL MARTIN, NICK BARRY, ALEX LAWTON** and **WILLIAM ONEK** in close procession ensured a great victory. Equal in points to Salford, they must remain at the top of their game if they are to regain the title from Salford. Their B & C and D teams are also all 'tops'.

**VETERAN MEN:** After 3 matches the 'A' team lie 3rd in Division 1 and the B,C and D teams are 1st.

**FOUR 'BIGGIES' AT NORTHERN INDOORS**

The club had 4 'biggies' to celebrate at the Northern Indoor Senior & U20 Championships at Sheffield.

- 1. A haul of 6 x Championships titles, 4 x Silver medallists and 2 x Bronze medallists.
  - Well done to champions **OSCAR SCHOFIELD** (U17 800m), **THEA BROWN** ( U17 60mH), **STEPHANIE JONES** (U20 Long Jump), **SEUN OKOME** (U20 LJ), **SHAUNNA THOMPSON** (Senior Shot) and **ANNABEL AMADIN** (U20 Shot).
  - Silver medallists **LEONARDO SCOTT** (U20 60m), **FREYA DOCKERTY** (U20 60mH), **ALEX WORT** (60mH), **THEA BROWN** (U17 LJ).
  - Bronze medallists **MARTINS OGOENBE DOBIES** (U20 HJ), **PANGIS ZAPANTIS** (60m PV).
- 2. **THEA BROWN'S** U17 60m Hurdles title in a PB of 8.56 seconds was a new Championship record.....and she did it after winning the silver medal in the U17 Long Jump. Amazing
- 3. **SHAUNNA THOMPSON** and **ANNABEL AMADIN** both retained their Indoor titles. (They're also the 2022 Outdoor Champions). Club newcomer **STEPHANIE JONES** also retained her indoor LJ title which ranks her 4th in the UK. **SEUN OKOME** also retained his TJ title and now holds all TJ indoor titles since 2017 (except 2021).
- 4. As good as a championship medal is a PB and Sale Harriers had several - **LEONARDO SCOTT** (60m), **THEO MAY** (60m), **BRIAN BULLARD** (60m), **FREYA DOCKERTY** (60m & 60mH), **DARIUS SHELTON** (200m), **MORGAN WHITE** (200m), **OSCAR SCHOFIELD** (800m) and **THEA BROWN** (60mH). Some even had double PB in heats and finals

**THE FLYING BEA**

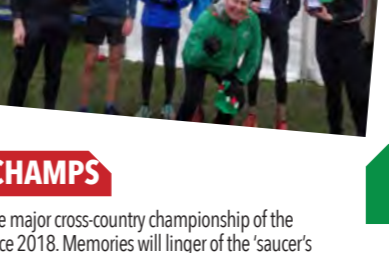
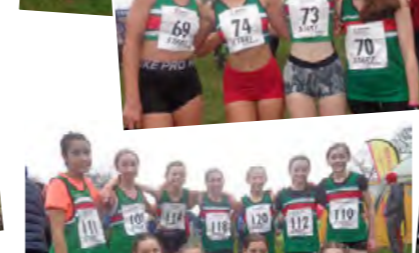
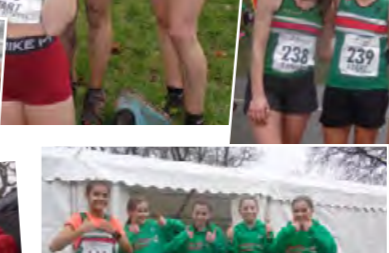
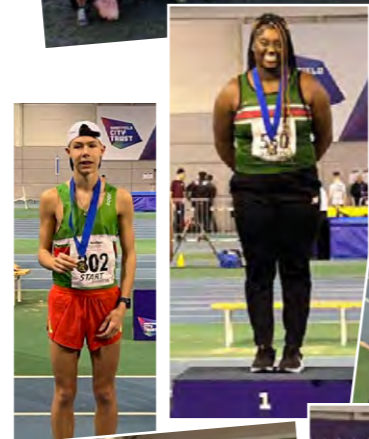
**BEA CORDINGLEY** took 2nd female in the scenic 2-lap Alderley Park 5 mile Trail Race. **JON TERRY, EMILY HUGHES** and **JULIA REYNOLDS** also were top placed in the popular trail that takes in the Park's impressive lake, the working farm and the magnificent grounds.

**FUTURE STARS**

Sale Harrier's thriving Primary Section promoted its annual Sportshall Athletics Programme. It began in the autumn at Sportcity with upto 100 children in a series of three league matches and culminated in mid-January with the exciting Gtr. Manchester County Finals. **CHRISTINE TYRER** and her team again delivered this nationally recognised programme that launches so many young athletic careers. Just a few Sale Harriers whose successful careers started with Sportshall - **ANNABEL AMADIN, MELISSA BOOTH, HERMOINE MASON, SOFIJA DRAGISIC WOOD, SCARLETT WHITTAKER, JASMINE RICHARDSON, TOLU ADEYEMI** and others. See the photos of the fantastic number of Gtr. Manchester medallists.

**HATS OFF TO BOBBLE-HAT LYNNE**

Bobble hats off to **LYNNE FOX** and her merry team of knitters who made their latest donation to Pancreatic Cancer Research now totalling several hundred pounds. Lynne started knitting club bobble hats in 2015 in memory of her husband Bill who succumbed to pancreatic cancer whilst an active club member. She said of the very popular club accessory, "I've even knitted for new born babies and one has even made it to the base camp of Mt Everest (i.e Tim Rainey). Her fellow knitters are Lynne's sister Sue Rostron, Helen Armitage's Mum (Heather Wells) and her newest recruit is Heather Brint's Mum (Doreen McGarrie).



**3 x SILVER NORTHERN XC CHAMPS**

The Northern XC Championships, the penultimate major cross-country championship of the winter, returned to Blackburn for the first time since 2018. Memories will linger of the 'saucer's grimacing, grimy mud with shoes lost, but it was a great day of cross-country in which Northern clubs 'big hitters' from Morpeth to Manchester pitched camp on a bleak, misty Witton Park.

- First off were the U20 women and what a winning start the club had, taking the silver medals. **LUCY ARMITAGE** has been a consistent top performer in the MACCL and would deliver yet again but the emergence of **AKIRA EDGSON** on her tail in her first year in this age-group and first cross-country of the year, was a special delight. You should have seen her mum's excitement! **ISABELLE BURKE & LIZZIE HILL** are back-bones of this age-group and all four deserve their medals.
- The U17 lads had only **FINLAY DAY** and **SAM PEARCE** to fly the green-hooped vest so their section recorded the club's 6th consecutive year with no team in this championship.
- The U15 boys 5th was their highest position since pre-Covid when they were silver the medallists
- The U15 girls were a much improved 7th from their 11th in Pontefract last year.....laying the foundations (hopefully) to return to heady pre-Covid days when they were regular medallists and the 2017 champions
- The U13 boys were 5th . In 2018, 2019 and 2020 they were the champions and bronze medallists last year.
- The U13 girls delivered their section's best result in six years winning fantastic silver medals. Again, the squad were out in depth and strength. **OOONAGH MC MANUS** was again their front-runner in a top placed 5th and the train of green-hooped vest that followed her, deserved their medals Well done **BEATRIX SOPER, CAITHLIN, WETTERS, LOLA RICHARDSON, GRACE HILL, PHEOBE CARROLL, ISABELLE CONNOLLY, MADDY APPLEBY, ISLA ANDERSON, MAYA ROSS** and **MANALL CHRISTMAS**. Birtley AC were unassailable as Champions.
- As the big guns for the men race were crowding into their club tents and the women in their final preparations, the 17 girls were off. **ISABELLA APPLEBY, JASMINE REED, SOPHIE ARMITAGE** and **CARMEN SAFREANAUSKAS** were 6th but with Isabella, Jasmine and Sophie only in their first year of this age-group the section has every reason to target the title next year and repeat their 2017 victory.
- Front running **ALICE WRIGHT**, newcomer **ELLA TAYLOR, LAURA MARTIN, EMMA FINNEY, CLARE MC CARRON** and **SARAH GOULDEN** were the club's warriors in the women's race but they faced a forlorn task without Olympian Triathlete **GEORGIA TAYLOR-BROWN** who'd assured medals and top places in recent years and other big hitters also sadly missing. They gave it everything and finished 11th.
- The piece de resistance is always the men's race. Sale's Titans were at their flexed best (almost!) to reclaim the Championship title they'd held for four years pre-Covid and forfeited to Salford last year. As Salford's Joe Steward and Morpeth's Carl Avery pulled away from early on, **NIGEL MARTIN, ALEX LAWTON, PHIL ROBERTSON, DANIEL KASHI, WILLIAM ONEK** and **CHRIS FIELDING** seemed to glide over the mud, hills and dales as good as they were. Pencil wielding spectator pundits (like me!) calculated Leeds were unassailable with Salford potentially 2nd and Sale 3rd. That's how it remained until they'd crossed the line, the maxim bearing true that teams are only as strong as their final counter. With Salford's 6th finisher faltering, Sale were pronounced the Silver medallists.

**FEBRUARY**

**FOUR NORTHERN INDOOR CHAMPIONS**

What a great weekend for several Sale Harrier youngsters at the Northern Indoor Championships in Sheffield.

- **LIAM O'BRIEN** is a promising and very committed young multi-venter. He was crowned Northern U15 60m Hurdles Champion with a SB of 9.61 rocketing him to 10th in the UK.
- **DANIEL WELLS** was crowned U13 long Jump Champion. He did it in style with a PB of 4.60m. Not yet a year with Sale Harriers and he's already leapt to 3rd in the UK
- **ELEANOR ROURKE** was crowned the U15 long jump champion also with a PB of 4.14m. Another promising young athlete, this is her greatest success so far.
- **BEATRIX SOPER** was crowned U13 Northern 800m Champion with a time of 2:27.46. (The previous day she won the SW Inter-Counties Schools XC Championships in Bristol). Bea represents Millfield Independent School in Somerset renowned for its success in sport. In November she also represented Millfield in their England Schools Regional Cross-Country Finals and in January became Merryfield School's XC Champion.
- **ANNABEL LAMA** won U13 Northern Shot Putt Bronze in a PB of 7.06 that ranks her 9th in the UK, her finest achievement to date. She also just missed 800m bronze in a PB of 2:44.28
- **DANIEL OWOSENI** had an amazing weekend. He recorded PB's in the 200m, 60m and Long Jump
- **MATTHEW ADENUGA** also had a great weekend of PB's in the 60m and 200m.

**EVA IS DOUBLE WELSH CHAMPION**

Congratulations to **EVA ANWYL** who was crowned U13 double Welsh National Champion winning gold in the 60m Hurdles and the 60m Sprint at their National Championships in Cardiff. Not only that but she smashed her PB again to record a new best of 9.93 and further secure her place on top of the UK rankings.

Recall how in December Eva, in her first ever 60m Hurdles and first year with Sale Harriers, had already rocketed to No.1 in the UK with her PB of 10.07 at the Northern Indoor Open meeting at Sheffield.

**MEGAN DOES IT FOR SCOTLAND - AGAIN!**

**MEGAN DAVIES** did Scotland proud yet again with her sensational run in the Armagh International Women's 3k, a race that attracts some of Europe's best athletes. She finished 4th beating many classy internationals and just missed out on 3rd place. She also did it in style with a PB of 9.15, fifteen seconds faster than she'd ever run before. She was one of eight athletes rewarded with Scottish vests her 3rd Scottish representation in the past 12 months and her 5th in total.

Megan is still coached - remotely by supremo **PAUL RODEN** who sadly left the successful Wythenshawe 'stable' earlier in the year. The club wishes Paul the very best and thanks him for his years of expertise, professionalism, sacrifices and commitment to the development of so many athletes.

**OSCAR SMASHES 2ND BRITISH RECORD**

OSCAR SCHOFIELD smashed his 2nd British record this time the U17 indoor mile at the Ayo Falola Dream Mile meeting at Lee Valley with a time of 4:07.02. "He just decided to do it as there is not a lot of indoor races for U17's" said his mother.

What a year Oscar's had! In January he broke the U17 British Indoors 1500m record of 3:52.53 and in August his 3000m PB of 8:24.09 smashed the club's record by 11 seconds, a record that had been held by James Philippon since 2003 and it also broke Jonathan Richards' 42 year 3000m record of 8:26.92 that had stood since 1980, the oldest Championship outdoor record in the books.

**NICK BARRY REPRESENTS ENGLAND**

Congratulations to NICK BARRY who was selected to represent England at the Anglo-Celtic Plate 100km in April. He's selected on the basis of his 2:23.31 in September's Berlin Marathon but he's had a great year so well deserved, recording several PB's. His most notable was in August's Antrim Coast HM (66.37) and December's Telford 10k (30.21) and he's also had several top place finishes ... as you'll have read.

**YOUTHS CENTRE STAGE AT NATIONAL INDOOR CHAMPIONSHIPS**

Britain's best U15, U17 & U20 youngsters gathered in Sheffield for the highlight of their winter indoors and what a weekend for Sale's youth.

- U17 THEA BROWN won two national titles. Her first came on the opening day of the championships winning the Long Jump with a PB of 5.95m that put her as British No.1. This was also a club record ... and she did all of this on her very first jump. Thea now holds 4 U17 club records 80m Hurdles, Heptathlon, high jump and Long Jump.
- U17 THEA BROWN 2nd National title was yet another stand-out performance. She powered to the 60m Hurdles National title in 8.39 seconds, leaving clear daylight between her and her Norwich rival, Sabelle Mardle who'd only 1/100th of a second separate them throughout the winter. Her victory was a Championship Best Performance (CBP) and a new U17 British Record. "I didn't expect to run that fast" she said.
- U20 SUCCESS EDUAN also took centre stage in the 200m. From the outset she was typically powerful and in control; had the edge on her big rival Sophie Walton and retained her U20 national title in just her first indoor competition of the season particularly commendable following a very difficult few weeks emotionally. She's No.1 in the UK in her U20 category.
- U20 ANNABEL AMADIN won the National silver medal in her 1st U20 year and added it to last year's U17 silver. She'd have had to substantially surpass her PB to get the better of Britain's No.1 shot putter.
- U15 CALUM PARK in just his first year with Sale Harriers, won National silver to win his first major national title and rocket to No.2 nationally.
- U15 PATRICK WILEY won Pole Vault brilliant bronze. He's also in just his 1st year with Sale Harriers and just his 6th pole vault competition ever and already he ranks 4th in the UK.
- With over 350 athletes entered in the 60m, the strength in depth was phenomenal and U17 THEO MAY & U15 NIAMH RIDLER benefited to record great PB's of 7.16m and 8.10 (resp.). It was also a great day for U20 FREYA DOCKERTY who produced PB's in both the 60m Hurdles heats and the final (8.66) and U15 LIAM O'BRIEN (9.38) in the heats.

**SUCCESS & REYNOLD UK INDOOR CHAMPIONS**

SUCCESS EDUAN and REYNOLD BANJO won prestigious National titles at the UKA Indoor championships in Birmingham and SEUN OKOME won national silver.

- On the first day, REYNOLD added the British long jump indoor title to his outdoor crown won last summer and he did it with a fine series of jumps, his 4th securing the gold medal. He said: "It's always nice to win British Championships and this is my third. I feel like I've more in the tank."
- On the second day, SUCCESS EDUAN, still only a teenager, claimed her first senior British title with a superb run in the 200m final. Again, she won in typically great style making up a metre on the opposition after the bend to power home in 23.49. She said "I'm only 18. I was trying to just get through each round and focus on intent. I'm really happy and proud of myself"
- SEUN OKOME, last year's National Indoor Champion, took Triple Jump silver with a SB of 15.40m

- Sale Harriers had 12 top athletes achieve the qualifying standard to compete in this major championship. Well done to
- 1. Sprinters ANDY ROBERTSON, JONA EKOLOKO, NICHOLAS WALSH and JORDAN BROOM who are seasoned campaigners.
- 2. Debutants U20 FREYA DOCKERTY (60mH) and U23 TESS MC HUGH (400m) both qualified for their 1st senior England Athletics Championship, a new career pinnacle that's a tribute to their talent, commitment and family support. They were rightly very proud and they had the thrill of being among the first to compete on the sparkling new state-of-the-art indoor athletics track.
- 3. U20 triple jumper MELISSA BOOTH, just recovered from a 12 week knee injury, did brilliantly to improve on last year's championship in both her distance and finishing position as did also Shot Putter SHAUNNA THOMPSON who might even have won the bronze medal had she not work commitments that curtailed her to just 4 training hours a week for three weeks.



**SOPHIE WINS HALE 10k**

SOPHIE WOOD retained her 2022 winners title at the Waterstones Hale 10k with a great new PB of 34.37, eight seconds faster than in July's Helena Tipping 10k and 18 seconds faster than she ran in this race last February.

She was one of 10 Sale athletes among the 1000 who zipped through Hale Village, the surrounding countryside and finished in the scenic grounds of Ashley Hall. Three others drank from the elixir of a lifetime best. Well done....

- HEATHER HUGHES (41.07) PB'd by 15 seconds on her 2018 Ribble Valley 10k
- JUSTIN BARRITT (41.43) PB'd by 15 seconds on his 2018 Gtr. Manchester 10k
- CHRIS DOWNS (40.21) will forever remember the Hale 10k as his debut 10k

**MACCL SHERDLEY PARK**

The penultimate MACCL match at Sherdley Park was decisive in determining the 2022/3 MACCL titles. Apart from the U13 girls, women and men, other sections had it all to play for in the fifth and final match to secure top three placings.

The U13 girls A & B teams were again superb with OONAGH MC MANUS the day's only individual winner, CAITHLIN WETTERS was 3rd and BEATRIX SOPER 4th. This trio consolidated the A team's top position and with four consecutive victories secured they're crowned 2022/3 MACCL champions.

The senior women recorded their most convincing victory of the four matches thanks to HANNAH BROWN back into action, BEA CORDINGLEY, LUCY ARMITAGE and LAURA BARBER. As a result they've also secured the 2022/3 MACCL Division 1 title. The veteran women are also Division 1 Champions as are their B & C teams with clean sweeps of victories.

Though NICK BARRY, WILLIAM ONEK, ALEX BRADFORD, NIKI FAULKNER, ADETOMIWA OLADITI and MATT BARNES triumphed over Chorlton by just one point, with two victories under their belt and a 2nd and 3rd in earlier matches and Salford H & AC fallen away, they too have sealed the 2022/3 MACCL title.

The other club sections had to be at their strongest in the final 5th match at Heaton in March to be among the league's top three for 2022/23. The match had been postponed from January and was on the same day as the Inter-Counties XC Championships.

**AGE SHALL NOT WEARY 'EM**

- M70 GEOFF BEATTIE, a passionate runner for speed has won impressive 400m, 800m and 1500m medals in Northern Masters, BMAF and Northern Ireland Championships (see elsewhere!). The club's world renowned psychologist and ageless septuagenarian, made his 200m sprint debut (Yes! 200m) at the BMAF Indoor championships in Sheffield. No medals on this occasion, though.
- Life member M70 GEOFF TYLER also has the gift of eternal youth and won the BMAF Shot Putt title a week after he retained his Southern Counties title. Except for last year's indoor Shot, he's won the M70 discus & shot indoors & outdoors every year of his age-group. He also broke the M70 UK discus & shot records in 2013 & improved them in 2020 until Covid lockdown prevented any improvement. Geoff was for many years a key member of the club's BAL Team and the team captain
- M35 STEVEN CALLISTER, on the younger end of the age spectrum, is a multi-talented club newcomer and won bronze in the Triple Jump and Shot Putt to rank 3rd in the UK in both....just a month after taking them up again from when he was a junior.

**NATIONAL XC CHAMPIONSHIPS**

The National Cross-Country Championships is the culmination of the cross-country season and brings together the great and good from Newcastle to Newquay in all the ten age-groups. Its a festival every runner must experience! Clubs roll-up their sleeves and their 'power-houses' are expected to be on call to help showcase their club at it very best. The 2023 event was on the club's 'doorstep' at Bosworth Castle near Chester so exceptionally accessible (apart from the 40 minutes queuing!), compared to Parliament Hill, Woolaton Park, Harewood Park and Donington Park in recent years. To those who represented their club at this pinnacle and throughout the cross-country season, it's the time to extend a heart-felt thanks regardless of your age and ability. It's members like you who make a club successful! Study the club's results from the day and in recent years, see what you think and ask yourself how can you contribute for next year.

- U13 GIRLS: 6th (10th in 2022, 11th in 2020, 12th in 2019, 11th in 2018). First Northern team
- U13 BOYS: 20th (10th in 2022, 4th in 2020, 6th in 2019, 3rd in 2018). Fifth Northern team - Hallamshire (6th), Darlington, Trafford, Wirral, Sale
- U15 GIRLS: 14th (No team in 2022, 5th in 2020, 16th in 2019, 16th in 2018) Fifth Northern Team - Rotherham (Champions), L'pool (2nd), Salford (6th)
- U15 BOYS: 19th (21st in 2022, 9th in 2020, 21st in 2019, No teams 2014-2018) Fifth Northern Team - Trafford (Champions), Salford, Rotherham, L'pool.
- U17 GIRLS: No team (No Team in 2022, 7th in 2020, 11th in 2019 Northern: Trafford 4th, Salford 5th
- U17 BOYS: 15th (12th in 2022, No teams 2015 - 2020) Fifth Northern Team - Morpeth, Trafford, Wirral, Salford, Sale
- U20 WOMEN: 6th (5th in 2022, no teams in 2019 & 2020, 1st in 2018) 1st Northern Team
- U20 MEN: No Team (No team for 10 years) Northern teams: Wirral 3rd, Salford 5th
- WOMEN: 23rd (16th in 2022, 10th in 2022, 14th 2019, 1st 2018) Fourth Northern Team - L'pool, Border, Tyne Bridge, Sale
- MEN: 15th (7th in 2022, 10th in 2020, 5th in 2019, 10th in 2018) Fifth Northern Team - Leeds (Champions), Salford, Morpeth, Hallamshire, Leeds

**KIRSTY & ANDY NEW TEAM MANAGERS**

The club welcomes KIRSTY CULLEN and her partner ANDY BROWN who've taken over from SARAH JAMES & KIRSTY EDGSON as Upper YDL Team managers. Kirsty and Andy are the parents of U15 endurance runner MATTY CULLEN-BROWN.

Good luck to Kirsty and Andy for a great 2023 summer YDL (Upper) season. Sale Harriers are so very grateful that they take on this responsibility. I hope the U17 & U20 YDL athletes, their coaches and parents will give them the wholehearted support to ensure the YDL summer will be the best yet. Sale Harriers also thanks SARAH JAMES & KIRSTY EDGSON for their generous commitment as team managers and their contribution to the club's development. Let's hope more like them will follow in their foot-steps, even if for a year or two. You're urgently needed!



**MARCH**

**ANNABEL MAKES ENGLAND DEBUT**

ANNABEL AMADIN topped off her superb year making selected to represent England making her international debut at the Vaxjo International in Sweden. She did it in typical great style winning her Shot competition in 15.28m just 22cm short of the Commonwealth Youth Games qualification mark. Annabel's success throughout 2022 are recorded throughout the pages of this magazine.

**MEGAN & PHIL CLASS ACT**

The Podium Elite 1 mile race is not for the faint-hearted but MEGAN DAVIES and PHIL RICHARDSON showed their class in March's event near Barrowford. Both making their debut over the distance they put down excellent markers of 4.43 and 4.38 (resp.)

**TRAFFORD 10K**

An incredible 33 men under 30 minutes and 36 women sub 35 minutes - even more than last year, consolidated the Trafford 10k as among the best. None of the 32 Sale Harriers were among them but, on a perfect day to benchmark their 2023 calendar of racing, almost half drank from the elixir of sport or recorded their best for many years. Those with most reason to celebrate were:-

- NICK BARRY (30.13) An 8 second PB over December's Telford 10k
- PHIL ROBERTSON (30.18) Fastest since 29.54 in 2019 Wilmslow Winter 10k
- NICK TYNAN (33.19) A 13 second PB over 2021 Tatton 10k
- STEVE MC CARRON (33.47) A 20 second PB over Telford 10k
- MATTHEW SPRAGG (33.47) Missed PB by 1 second
- ANDREW CURVIS (34.22) A 67 second PB over Wilmslow Winter 10k
- MAX KIDD-ROSSITER (34.37) A 5 second PB over Wilmslow Summer 10k
- BEA CORDINGLEY (36.18) A 39 second PB over Wilmslow Winter 10k
- MATT ELWORTHY (36.16) A 22 second PB over Wilmslow Winter 10k
- TORRIN BLAZEY (36.24) A 65 second PB over Trafford 10k
- LAURA BARBER (37.07) A 6 second PB over Wilmslow Winter 10k
- WILLIAM LORD (38.58) Debut 10k
- CLARE MC CARRON (39.46) A 57 second PB over 2017 Lancaster 10k
- SARAH GOULDEN (42.26) An 83 second PB over Trafford 10k
- JACKIE CORDINGLEY (43.49) 2nd fastest in 13 years & 1st L60
- JULIA REYNOLDS (47.18) One of her fastest in 5 years
- LISA WORMLINGTON (53.32) A 70 second PB





**GEOFF BEATTIE'S A WINNER**

GEOFF BEATTIE won the M70 prize in High Legh 10k through Cheshire countryside. Though not his fastest of 2022/3 isn't winning (almost!) everything especially being awarded a plinth! Sale Harriers have a winning presence in this race. JAMES WIGNALL won it in 2015 and then in 2017 broke the course record of 32.33. ZOE GMERK was 1st female that year also. SAM ASPINWALL won it last year.....and now the club had M70 Geoff continued the winning streak! (Zoe & Sam have since sought pastures new!)

**SALE HARRIERS WINTER INDOORS PROMOTION**

March concluded the 2022/3 Sale Harrier promotion of six winter indoor competitions at Sportcity. It was one of the finest seasons in its 20 year history attracting athletes from throughout the North of England and the Midlands. Each fixture features one Invitation event. This season they were the 400m, Triple Jump and an Invitation Senior Shot Putt with Britain's No 1 Amelia Strickland being a big highlight. An average of 300/350 athletes took part with limits imposed on popular events like the long Jump. Thirty-eight long-jumpers alone took part in the Jan 8th fixture! Each meeting requires a nucleus of more than 45 officials. David Brown CBE, the club's President, recruits the key ones from throughout the North of England and they're supported by club officials ALISON SMYTHE, CAROL BROWN, AYODELE SHONIBARE, BRIAN GOULDEN, ROY SWINBANK, TONY CAMPBELL, JEAN KEHOE, MARGARET LENNON, BRUCE WILSON, MORRIS JEFFERSON and JOHN SMITH in regular attendance. Like the club summer's Sizzler 4 x 5k promotion, the winter indoor promotion began following the 2002 Manchester Commonwealth Games. Club coach BOB GAISIE initially promoted them before JACK FROST took over and he's been at the helm ever since. The series contributes a sizeable income to the club's accounts.

**The most prominent results of the 51 athletes who took part over the series were:-**

<b>60m</b>	JORDON BROOME 6.79secs	MARCUS MCLEAN 6.97secs
	JOSHUA LEATHARD 7.12secs	LEONARDO SCOTT 7.16secs
	LAZARUS BENJAMIN 7.11secs	
<b>60m Hurdles</b>	FREYA DOCKERTY 9.17secs	LIAM O'BRIEN 9.68sec
	SEREN REDFERN 9.74secs	ELLISE FRYER-FRANCIS 9.39secs
<b>High Jump.</b>	MARTINS DOBIES 1m 92cm	SAM EBONINE 1m 90cm
<b>Pole Vault.</b>	PANAGIS ZAPANTIS 3m 60cm	SHONA WILKINSON 3m 00cm
	CALUM PARK 2m 80cm	PATRICK WILEY 2m 70cm
<b>Shot</b>	SHAUNNA THOMPSON 14m 45cm	PAULIUS VAITIKUS 12m 10cm
	KAMAL BENISSAD 11m 62cm	LAILA HERSHELL 10m 79cm
<b>300m</b>	MORGAN WHITE 36.22sec	
<b>600m</b>	NATHAN YAHANNES 1m 29.32secs.	



**MANCHESTER AREA XC LEAGUE OVERALL RESULTS**

**WOMEN**

- The U11 Girls were overall 4th with LUCY O'BRIEN top scorer in 6th place. The section were 3rd last year.
- The U13 Girls became MACCL Champions & retained their title. Their 'B' team were also silver medallists for the 1st time. OONAGH MCMANUS retained her individual title, CAITHLIN WETTERS was 2nd and LOLA RICHARDSON 4th .
- The U15 Girls were bronze medallists, improved from last year's 4th. Their 'B' team were 5th. HANNAH SQUIBBES & MADISON HOLT were the leading girls in 10th & 11th.
- The U17 Girls were 4th with SOPHIE ARMITAGE the top scorer in 7th. They were silver medallists last year.
- The U20 Girls has not had an overall team in this age-group for 20 years! LUCY ARMITAGE was this year's individual champion.
- SENIORS: They retained the Division 1 title for the 3rd consecutive year and were top 'B' & 'C' teams. Individually BEA CORDINGLEY was 2nd, LUCY ARMITAGE 4th and LAURA BARBER 9th.
- VETERANS: were Division 1 silver medallists for the 2nd consecutive year and the 1st 'B' & 'C' team. JACKIE CORDINGLEY was 2nd L60, SARAH SAXTON 4th L35 and ANNE CHINOY 3rd L45. (Anne has featured among the top three every year of her age-group).

**MEN**

- The U11 Boys retained their bronze medals. JOSHUA HOWELL was top finisher in 11th .
- The U13 Boys, last year's champions, were 5th. Top finisher was DANIEL OAKES in 9th.
- The U15 Boys, bronze medallists last year, were silver medallists. FINLAY GODDARD was top scorer, again in 4th place.
- The U17 boys, 7th last year were 4th this year. The scorer was SAM PEARCE in 10th .
- The U20 boys have not had an overall team in this category for 8 years.
- SENIORS: The men retained their Division 1 title over Chorlton & Salford.. NICK BARRY, among the top three since 2018/19 became the overall champion.
- VETERANS: For the 3rd year, they were runners up to Chorlton for the Division 1 title and were 2nd 'B' team to Chorlton and 1st 'C' team. AIDAN RAFTERY, last year 2nd M60 was overall 4th.

Of significance is the club finished a team in 12 of the 14 age-groups and was the only club to do so. Well done, everybody and thanks to everyone who represented the club as a runner or official.



**LUCY & LIBBY HELP MANCHESTER TO INTER-COUNTY SILVER**

Well done to LUCY ARMITAGE & LIBBY HILL who were the back-bone to Gtr. Manchester winning silver medals in the Inter-County XC Championships at Prestwold Hall, near Loughborough.

**OONAGH BRITISH SCHOOLS BIATHLON CHAMPION**

Just twenty-four hours after finishing a brilliant 12th at the National Inter-Counties XC Championships 13-year old OONAGH MCMANUS became the British Schools' Modern Biathlon Champion at Reddich, near Birmingham, getting individual PB's in both the 1600m run (5:19) and 100m swim (1:05). Said her dad "She wasn't expecting much, saying her legs felt dead after the muddy conditions at the Inter Counties, so it was a nice surprise to perform so well."